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Vol. XVII.
No. 26.

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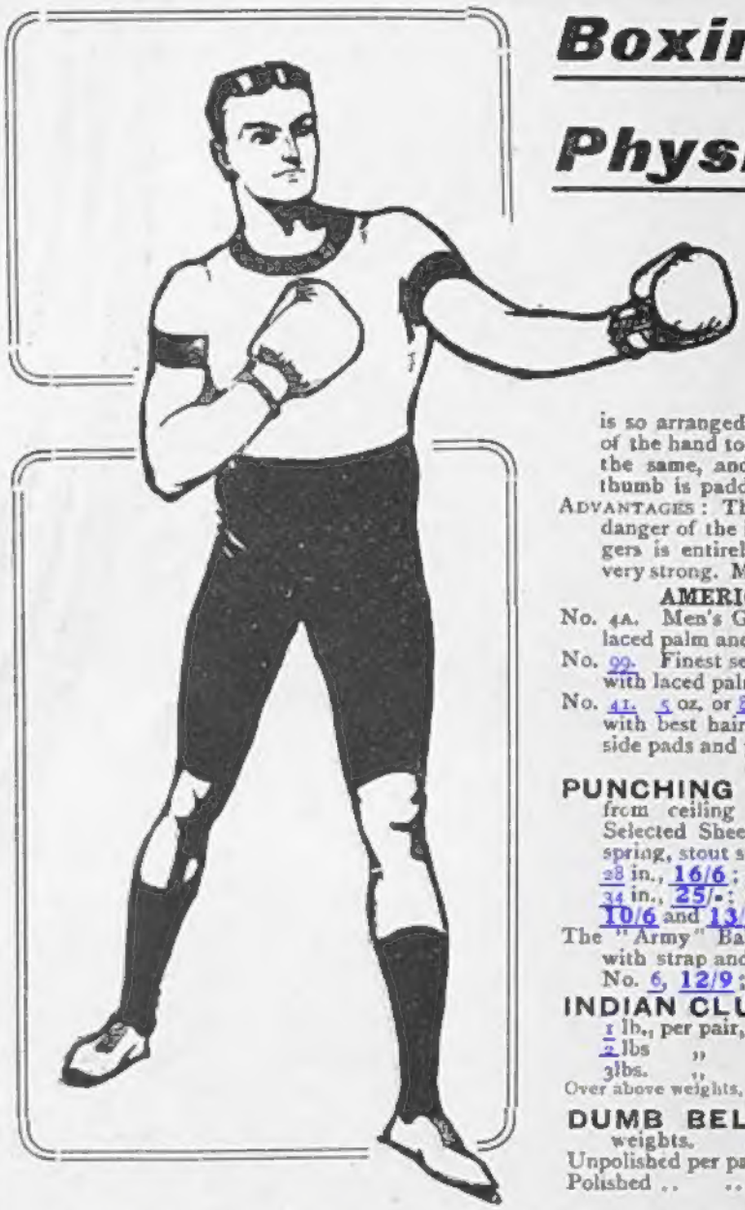

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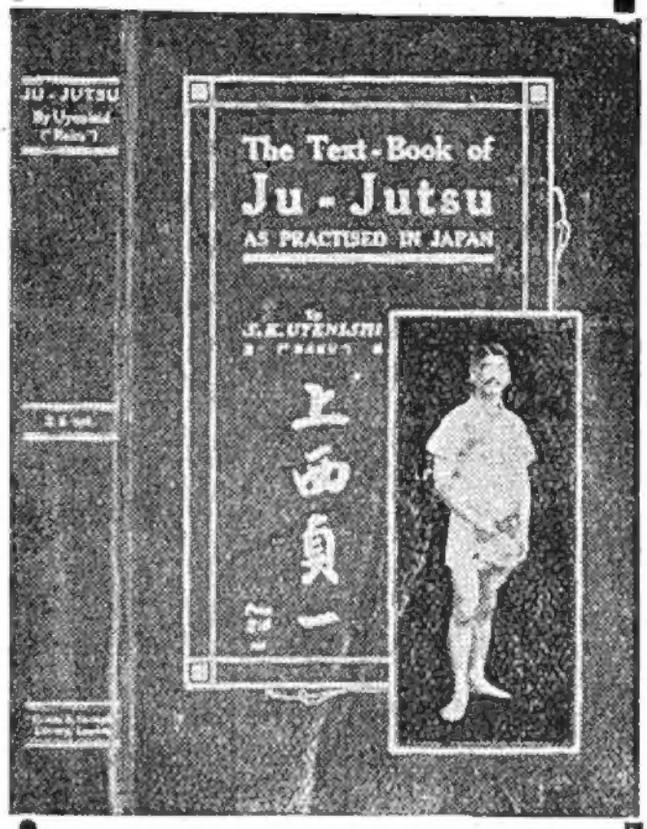


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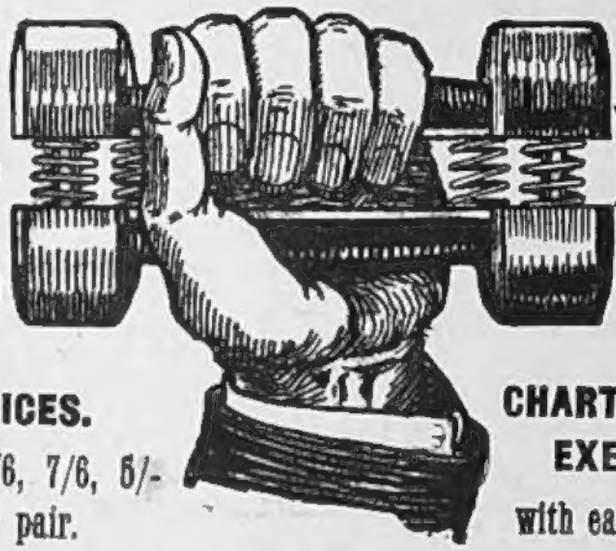

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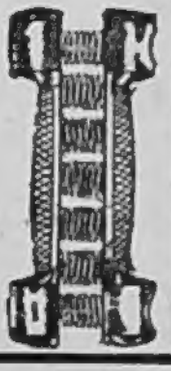

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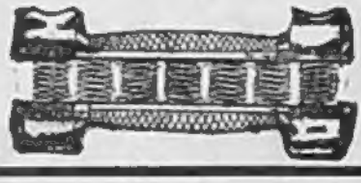

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# SANDOW'S MAGAZINE

... OF ...

## PHYSICAL CULTURE

EDITOR: EUGEN SANDOW.

MOTTO:—*Mens Sana in Corpore Sano*—A SOUND MIND IN A SOUND BODY.

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## NOTES FROM MY NOTE-BOOK.

BY THE EDITOR.

CHRISTMAS has come and gone once more, and in a few days we shall stand upon the threshold of another year. New Year is pre-eminently the period of good resolutions, and I presume that physical culturists every where will do their share of "resolving." I am a staunch believer in good resolutions, notwithstanding the badinage with which they are often treated. They act as a moral tonic even though the effort to carry them out subsequently fails. The value of what psychologists call auto-suggestion is not fully appreciated yet, and the mere desire on a person's part to do better is a mental astringent, bracing up the mind and tonicising the nervous system.

THEREFORE I advise every student of physical culture to join the throng of good-resolution makers at the beginning of this coming year. Shut your lips tight together, and make a mighty try to do more for "the cause" in 1907 than you did in 1906. Hustle up your friends and acquaintances, and infect them with your enthusiasm. Bring the magazine before them and keep reminding them of how delightful it is to be healthy and strong. Stick tightly to your grips and developers. Exercise regularly and conscientiously. Shut out all unwholesome pleasures and desires, and train yourself for the high office of strong, clean manhood, with mind pure and muscles firm.

WHILE writing in this strain, I am reminded of a certain reverend gentleman's statement that the people of England are beginning to renounce Saint George for Saint Sandow. Saintliness is an attribute to which I make no special claim, but the youth of England will surely do better for themselves and the nation to which they belong by following out the gospel of bodily culture with which I am proud to say my name has been for years so closely associated, than by wasting their

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lives and wrecking their bodies in less worthy manner. I have no wish to usurp the place in English life of the redoubtable dragon-slayer, yet at the same time I cannot but feel proud at the success which, according to my reverend critic, has crowned my efforts to popularise physical culture not only in this country, but throughout the world.

---

THE moral value of physical education and training is universally admitted, and crime, lunacy, pauperism and other evils of civilisation have less prospect of establishing themselves in a healthy than in a diseased body. I even venture to assert that physical culture possesses a purely religious value, for no person who studies the marvels of the human body, or who takes a personal interest in this bodily dwelling, can do so without having his thoughts turned into a channel of intelligent reverence for the great Architect of so magnificent a fabric. But, as I have already said, regarded from an ethical standpoint alone, bodily development should occupy a first place in the teachings of clergymen, school teachers, and everyone who works in a sphere of life where formative influences are brought to bear upon the minds of others.

---

I AM inundated with letters for the Readers' Club section of the magazine, but I regret to say that I have to consign a very large number of them to the waste-paper basket, simply for the reason that their contents are of too personal a character. It should be remembered that what I want are letters containing some hints, tips or other items of interest that will be read by all with pleasure and profit. A mere dry-as-dust recital of your method of exercising is totally uninteresting to others, unless you illumine your description with some novel or out-of-the-way fact. Send me as many of such letters as possible. The more the merrier, for this exchange of views and experiences should be—and I think is—one of the most popular and attractive features of the magazine. Before writing, just study the letters that have already appeared and they will be a guide.

LET me make a special appeal to those readers of the magazine who reside in various parts of our great Colonial empire or in foreign countries. Letters from them are, I find, devoured with the greatest interest by home readers. Such letters need not necessarily deal exclusively with matters appertaining to physical culture. The stay-at-home reader is always glad to learn of life in other parts of the world. Short descriptions of the country, the habits of the people, the labour prospects, the housing question, the sports and pastimes, and photographs have an especial interest. You need not be a trained writer, for no matter how ungrammatical the English, if the stuff be of general interest to our readers, it can be licked into shape in the editorial office. I want the Readers' Club to consist of real "live" documents, with the strictly personal interest kept in reasonable subjection.

---

A CORRESPONDENT has been reading a fierce attack on boxing that appeared recently in a sixpenny weekly. He asks me if I consider boxing immoral. No, certainly not. Boxing is a clean, healthy, invigorating sport. The pity is that at times and places the surroundings are debasing and unwholesome, and this has brought it into bad repute. It is, in my opinion, just as dangerous to generalise in this as in other matters. Some boxers are brutes; some are men and gentlemen. Perhaps some of my readers have got an opinion to express on the subject. If so, I shall be glad to publish it.

---

**Thanks.**

THE Editor thanks the following readers for offer to distribute specimen copies:—H. C. Appleby (Marybro'); H. Tynan (Ardwick); Col.-Sergt. Major Taggart (Shoeburyness); H. Lusher (Sheffield); A. Turner (East Ham); A. E. Hammond (Watford); Carlo Tichiaz (Balham); W.A. Stuart, for James Ellis (Bearsden); S. F. Turner (Kidderminster); and R. T. Campbell (Tullicoultry).

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Sketches at the
German Gymnastic Society
Mr Longhurst while watching for points suddenly finds one
Sgt Whealan somewhat interested
The Press
The Gymnasium

# WHAT IS THE IDEAL PHYSIQUE FOR AN ATHLETE?

## Some Good Big 'Uns and Better Little 'Uns.

By MALCOLM W. FORD, ex-Amateur Champion of America.

[*This article should help Readers who are thinking of taking up any form of Athletics next year.*]

JUDGING from the number and uniformity of the questions I have been asked, over a number of years I should imagine there is nothing which so perplexes the mind of the athletically disposed youth as "What events am I specially fitted to excel in?" It is a puzzling question at any time and particularly is it so when it is asked by those on the threshold of their career. There is, then, little but the general physical appearance upon which to form a conclusion or frame an answer; and general physical appearance is but little better than nothing, even to those who have for years made a study of physical conditions as a guide to specialisation in athletics.

By way of parenthesis, and as illustrative of the truth of this, let me give my own personal experience in 1896.

After I had won the one hundred yard championship for three successive years, the two hundred and twenty yard championship for two successive years, the running broad jump championship for four successive years and the running high jump championship once, I visited, in company with several medical men, including a well known athletic instructor, a certain American university whose director of athletics was acquiring a good deal of fame in analysing the measurements of athletics and recommending events that they would be proficient in. Being introduced to him under an assumed name, this professor was asked by one in my party to measure me and say if I was fit to be an athlete, and, if so, what event I would be best suited for. My weight, stripped, was 164 pounds, and after taking his usual measurements and putting me through various tests of lifting, lung and other capacities, he arrived at the conclusion that I was entirely unsuited for any feat of activity, but I might be a good oarsman or a good tug of war man. There was a great deal of mirth in the party when the facts were disclosed to him, and, of course, after he knew what I had done he could find plenty of points in my physique to explain why I could do all of them, much to our extra amusement.

My answer to aspiring youngsters as to how to make suitable selections of events for athletic competition has always been, "Don't bother yourself with the question at all at this stage of the game. Go back to your ordinary vocation; live well, regularly and temperately, and, above all, sleep well and much; stick to your exercise, try everything systematically, build up the body day by day to feats of hardihood; give the lungs and heart all the outdoor exercise you can, and a good chance to arrive at their fullest development. By the time you have done that you will have found out one of two things: either that you are not constituted to stand the strain of high development at all, or that you have predilections and natural instincts for one or other form of exercise."

In fact, specialisation will have evolved itself. But, curiously enough, it is just at this point that another pitfall opens before the aspirant's path. He finds that the road inclination points to is one for which, according to all the canons of accepted physical doctrine, he is not fitted, or not fitted in such proportion as to reach the highest honors, in fact, that, although on the basis of his hard general condition and his personal liking, he may attain some degree of success, he never can reach the highest pinnacle of athletic fame in the particularly desired line! Take courage. The secret of success lies more in the will than in muscles, more in the grit than in the

bones; and although I will not dispute there are, in some departments, some advantages to a particular natural physique, yet on the whole, under the antecedent conditions I have laid down, and in the presence of determined will power apparent defects will mostly disappear. Let me quote a few such instances from recent and well known men for the encouragement of my readers. Every one knows the position attained by W. Byrd Page, in his day the most remarkable running high jumper. Yet he was as far away from the conventional high jumper in build as well could be, and started out with a delicate constitution, and in earlier life had one foot so defective and weak that he had to wear supports or braces on that limb. It was not until long away in his gymnastic exercises that he paid any more attention to jumping than to the parallel bars. It was a very long time, he told me, before he could clear a height that almost any boy in the street could, and not until after he could clear in the neighbourhood of four and one-half feet did he take a real interest in the game. The rest of his career is too well known for repetition, and when it is considered that Page stood only five feet six inches high in his jumping shoes and cleared nine and a quarter inches above his head, no youth of any size and build should feel that nature has not given him a fair start.

The secret of his success was that he was a very temperate man and led a physical life which by the natural process of evolution was bound to improve him. He also possessed great tenancity of purpose; underlying his quiet, unassuming way was a spirit of sternest resolution. To this spirit was undoubtedly due his success in competition.

From all this do not fall into the mistake that because a man has mental qualities similar to Page he can with a more defective physique do as much. Everything depends upon the general systematic preliminary preparation; for if the working machinery of the body is so poor that it will not stand that trial no amount of determination will be of any use for athletic purposes. Given the preparatory conditions, however, other physical idiosyncrasies have very little to do with success in most athletic competitions. Take, for instance, the most popular event on the list of athletic contests—sprinting; note the dissimilarity in physical proportions of the most famous sprinters during the last twenty years. Harry Hutchens, who covered 300 yards in 30 secs., and B. J. Wefers, the fastest amateur in the world, are two men built quite similarly, both standing five feet eleven inches and weighing very near to one hundred and sixty-five pounds. From a symmetrical or æsthetic point of view, Wefers has a handsomer build, Hutchens being inclined to round-shoulderedness, giving him a rather hollowed chested appearance; but his legs are fine. Wefers is more erect in appearance but no better built in the lower limbs than Hutchens. The probabilities are he might run as fast as Hutchens, for he has been credited on several occasions with nine and four-fifths seconds for one hundred yards, and once with a doubtful nine and three-fifths seconds.

These two athletes stand out as wonderful examples of sprinting ability. They both possess almost ideal builds for their favourite event, being tall and having just enough weight to give an impression of speed and power.

Now for the other side of the shield and other men almost equally fast. George Wallace, when seen on the track, looked as much like a sprinter as a hippopotamus does like a race horse. The dimensions of this flyer, when in running shape, were five feet ten inches in height, and he weighed one hundred and ninety-six pounds, yet Hutchens could give him, on an average, only about one and one-half yards in the usual Sheffield handicap distance. Wallace could have given Wefers a similar start in one hundred and thirty yards, and yet they were very dissimilar in build, Wefers being clean cut and Wallace resembling a blacksmith. D. D. Bulger, the old Irish sprinter, was of somewhat similar build. Take the modern Sheffield runner, Harry Ghent, who was but five feet six inches tall and weighed as much as Wefers or Hutchens, and although not quite as fast as Hutchens, would have been Wallace's equal had

they been running at the same time. These are the most trustworthy examples of professional sprinters, for they have made records under reliable auspices, but there are many more professionals who could be mentioned showing dissimilarity in physique.

Among the amateurs splendid examples can be found. Harry S. Jewett, for instance, who won the American amateur championship at one hundred yards in 1892.

By way of further example, there comes to mind Henry S. Brooks, the old Yale University sprinter, who did such good work in 1882 and 1883. He was of an unusual build, standing six foot one and weighing one hundred and sixty pounds. He was almost as good as Wefers or Jewett, and had he run latterly on improved tracks, he might have shown figures equal to Jewett.

Yet again, the very opposite in build to these men was Fred Westing. He won the two American sprint championships in 1888, and was as fast a sprinter, with the exception of Wefers, as America has yet produced. He stood five feet five inches tall, and weighed about one hundred and thirty pounds in running trim. He would get over the ground by rapidity of motion in striding, and looked very differently from longer striders while running.

Another most deceptive runner was Luther H. Cary, who did such phenomenal running in England and America in 1891, defeating all competitors and doing ten seconds for one hundred yards repeatedly. Cary was credited with doing nine and four-fifths seconds, but it was never officially accepted; but from a practical standpoint he was equal to it, for he did his even time so consistently. From a physical standpoint he was disappointing. He stood five feet eight inches tall and weighed, in trim, one hundred and thirty-four pounds. He ran with great rapidity of motion, like Westing, and although taller than the latter, was not of such a good build. He was round shouldered, hollow-chested, and his legs were not so straight as even the average sprinter, yet he had plenty of nerve force, and that offset any apparent physical defectiveness.

Thus it will be seen that if a man considerably under average height thinks he is too short, or too stout, or too thin in proportion to his height, or if he has any other alleged fault that he imagines may be against gaining proficiency in sprinting, he has no real need to be discouraged. He can think of some of these men who have gone before him, and content himself with the thought that an abundance of nerve power is far more important than handsome looking physical proportions; and if he is endeavouring to reach fame at sprinting and does not find that the muscles of his legs enable him to get there as he wishes, he should stop forcing things, give his legs a rest, and amuse himself with other healthful exercise, which in time is bound to give him more foundation to work on for what he is aiming at.

The limits of possible deviation in sprinters, however, do not apply to the same extent to middle and long distance runners. The best distance runners are very spare in flesh. The mere exercise of running such long distances necessary for the training for getting the heart and lungs in shape depletes the body of nearly all superfluous tissue. Even the lower limbs, which bear the brunt of work in this event, become unusually closely knit, and may truly be called a bundle of whip-cords; the body, chest, and arms will have almost no covering whatever from a muscular standpoint.

The whole list of celebrated distance runners may be mentioned, and it will be found that their physique will not vary much from those of W. G. George, L. E. Myers, T. P. Conneff, W. Cummings, W. D. Day, and T. E. Burke. While some are above the medium height, they are always below medium weight. About the stoutest distance runner in proportion to his height is Conneff, who holds the world's amateur record for running one mile, 4 minutes 15⅘ seconds, made in America, 1895. F. E. Bacon, who holds the English amateur record, is of more slender build than Conneff. W. G. George was the tallest distance runner that has been before the public since athletic sports commenced to attract attention, and after he turned professional he made the fastest world's mile record, four minutes

twelve seconds. He stood five feet eleven inches tall, and weighed one hundred and thirty-seven pounds. He did not have unusually small legs, and his lack of weight was shown entirely in his body above the waist. Men of the class of Day and Myers are very good examples of George's style, only on a considerably smaller scale in every way. Myers used to run at one hundred and nine pounds; Day was even lighter, and at one time in his career after he had made quite a name he hardly weighed one hundred pounds, resembling truly a skeleton covered by a few whip-cords. But these thin men had the stamina to enable them to plod along, reeling off lap after lap with astonishing endurance; and although to the casual observer their speed (on account of their striding) did not appear great, still their records in that line need no comment.

There have been cases of athletes owning great middle and distance running records being capital sprinters, but as a rule they have not the dash or muscular activity necessary for such speed. Myers was the most wonderful combination in that line. He would show great sprinting ability one month, and during the next one he would show his wonderful powers at middle and distance running. The probabilities are, had he devoted himself exclusively for a long period to distance running he would have made figures at it considerably lower than those he is credited with, for he had all the fire and snap necessary for speed, and his powers of endurance were of the best.

It must not be supposed that merely because a man is not spare in flesh he *cannot* run, for there have been a few examples of stout men making good records at one mile running. Among this class may be mentioned the old ex-champion amateur, H. Fredericks, who was short and stout, and looked a great deal stouter than he really was; for he had a deep, barrel chest, but not much flesh on it or on the arms. W. Harmer, the ex-college champion mile runner, was actually stout and muscular, almost as much so above the waist as below. He could run a mile under four minutes and forty seconds, weighing one hundred and forty-five pounds and standing five feet seven inches tall. It may be argued that had he trained more and built his legs up further at the expense of his general system he would have done better. Such theory is without doubt true, but he never did it, and his figures must be taken as he left them. He was the stoutest and most muscular distance runner known in modern athletic sports.

Weight-throwing draws the line of necessity tighter. It is a type that leaves very little argument as to its proper proportions. Famous men in this branch of athletics have always been above medium height and weight, especially the latter. They need not necessarily be tall, but they must be heavy, for it is so often demonstrated that big men who would be called soft from a muscular standpoint can throw weights well, merely by using their own weight against the missiles. When these big, soft men with exercise get their muscles toned up they throw weights with far greater improvement than a small man would show with any amount of practice. But even in this branch of exercise the medium size man need not entirely despair of ever doing well, for I have known half a dozen men weighing not over one hundred and fifty pounds, who could put the sixteen pound shot close to forty feet. It must be admitted, however, that shot-putting is a very scientific exercise and needs less avoirdupois for doing it well than any other style of weight throwing. Still an athlete with a certain amount of strength and skill in this game will, by the mere addition of flesh to his body, without any more exercise, beat his old figures. I have seen that demonstrated on several occasions, a noticeable case being when Frank Kilpatrick competed again in 1885 after not having done anything for four or five years. He stood five feet seven and one-quarter inches tall and weighed when fit one hundred and forty-seven pounds. He obtained his great development by adding to his natural strength and activity by gymnastic exercises. In a gymnasium he could do almost anything in the way of plain exercise in jumping, shoving dumb-bells, parallel and horizontal bars, and lifting. On the athletic field he could sprint in ten

and three quarter seconds, run the high hurdles in eighteen, get over five feet six inches in the running high jump, clear close on twenty-one feet in the running broad jump, put the sixteen pound shot over thirty-four feet, and also render a good account of himself in both individual and team tug-of-war. He was a most noticeable example of fine development obtained by healthful and amusing exercise. When his business interest forced him to give up competition, he gained flesh, not exactly in a fat way, but became large all over; and when he weighed one hundred and eighty-five pounds, without having exercised for four years, he put the sixteen pound shot in competition over thirty seven feet, and threw the other weights equally well in proportion. Yet when it came to any feat of activity, such as jumping or sprinting, he could come nothing near his old performances; but with the weights he was a different man. He had not forgotten the science of shot putting, and merely because he could put more weight behind the sphere he could send it three feet further than when he was in far better general condition.

The best weight thrower I ever saw in proportion to his size was a professional athlete named William Robertson. His height was five feet seven inches, and his weight one hundred and forty-five pounds. He could put the sixteen pound shot over forty feet, and throw a sixteen pound hammer, four foot handle, from a stand, nearly one hundred feet. He was also an otherwise good all round man, clearing ten feet six in the pole vault, and five feet seven inches in the running high jump. His weight throwing is the most important part for the reader to note, for he was a comparatively small man. It is seldom that a big man is found with the same amount of snap and vim as a medium sized one, and for that reason large men show extra proficiency at throwing weights, for snap and vim are secondary in this branch of exercise. When an active big man is found he is apt to overshadow all comers, and it will be noticed that nearly all the world's great weight throwers are not what would be called merely heavy and indolent men. To see J. S. Mitchell, with his two hundred and twenty pounds of weight, moving on the last turn in a seven foot circle before letting go the hammer, one would hardly be impressed that he were slothful in his movement; and when George C. Gray, with his one hundred and eighty-five pounds, gets under the shot, just before the final movement, and rises upwards with his well known turn of the right shoulder, there is not much time to see what he is doing. It is because Gray is so quick in this particular exercise that bigger men cannot beat him; but imagine if Gray had thirty or forty pounds more on him, and put it behind the sphere with his usual quickness.

P. Davin, who was probably the best all-round athlete Great Britain ever produced, was a capital weight thrower, although a glance at his picture would not impress one as such. He was essentially spare, and made his name in jumping, his records being twenty-three feet one and one-half inches for the running broad jump, and six feet two and three-quarter inches for the running high jump; but he could also put the sixteen pound shot thirty-eight feet, and throw the fifty-six-pound weight from between the legs, twenty-four feet. This style of throwing the fifty-six is not practised in America, but Davin's figures at it would be hard to beat, except by a man like Mitchell. Davin had extraordinary snap, and although weighing only one hundred and sixty-two pounds, showed an all round proficiency in weight-throwing that was truly remarkable.

The most active big man of modern professional athletes was Donald Dinnie. He weighed, in his usual athletic trim, two hundred and ten pounds and stood six feet tall. In various Caledonian games in Great Britain and America he could defeat most other athletes at their specialties. Dinnie was in his prime about twenty years ago for all-round work, and after that he confined himself mostly to the less active exercise of throwing weights, at which he was acknowledged pre-eminent. Between the ages of twenty and thirty, he was as good as any other man at all kinds of sprinting and jumping. His records are rather unreliable, for the manage-

ment of games where he used to compete had no incentive toward correctness at figures, but Dinnie's ability can best be judged by the fact that he could beat so many men on one afternoon. He helped his splendid physique by always leading an outdoor life in his early boyhood days, and he retained his athletic proficiency until he was between forty and forty-five years of age, showing conclusively that he had a remarkable stock of vitality. His muscular system was a picture to look at, reminding one of men seen in ancient engravings.

M. F. Sweeney in high jumping made almost as much corresponding improvement in proportion to his height as did W. B. Page. Sweeney, being about two inches taller than Page, jumped six feet five and five-eights inches. He, like Page, ultimately devoted himself entirely to running high jumping, but he showed far more natural spring than Page. Sweeney is now a tutor, and the probabilities are, his duties bringing him into contact with general exercise in a gymnasium, he will develop into more of an all-round man.

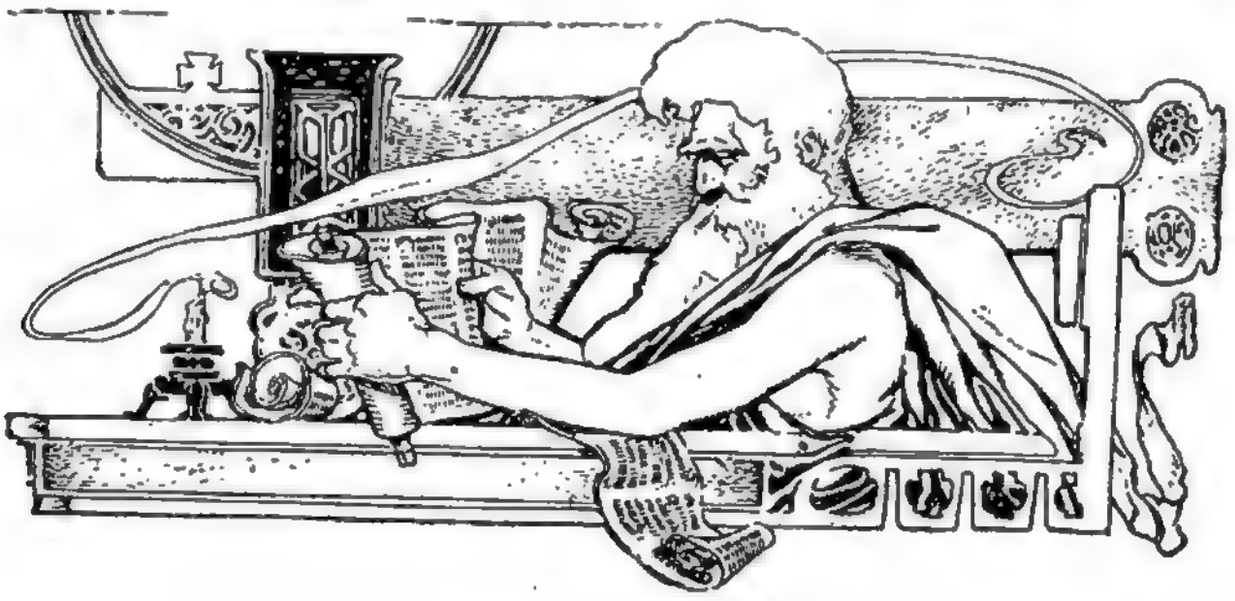
A few words in conclusion may be appropriately devoted to T. E. Burke, the famous middle distance runner. He stands within an eighth of an inch of six feet, and runs at about 146 pounds. His height and lightness give him the appearance of being delicate and hardly strong enough for severe racing. Yet his records belie this, and prove the force of the observation I have so often made, that success depends much on long preparation in every variety of exercise, and indomitable perseverance. He played on his university football team before he began track competitions and did not restrict himself even then to the distance, a quarter of a mile, at which he is best. His racing triumphs run all through the gamut, 100, 150, 220, 300, 400, 600 yards, and half mile all having fallen before him. During his experience on the path he has won in the neighbourhood of one hundred and fifty open competitions including the 100 meters and 400 meters international championships at Athens, Greece last year.

## QUEER IDEAS OF RECREATION.

THE recreations of many distinguished individuals are described in *Who's Who*, and while many go in for healthy outdoor pastimes, others have strange ideas of amusement. For instance, Dr. Forbes Winslow, the eminent expert on mental diseases, says his favourite recreation is "voyaging, mainly *autour de ma chambre*." Mr. W. T. Stead prefers "playing with children," and Mr. W. S. Gilbert likes croquet. George Bernard Shaw says his recreations are "anything but sport." Lady Warwick is a confessed bookworm, and Mr. Pierpont Morgan is a dog fancier. But who is the celebrity who finds his chief amusements in "sitting on committees"?

HE trusted those controlling education would grant increased facilities, if possible, for physical training in all our schools: there should be a special Government grant for physical culture.—SIR HALLEWELL ROGERS.

WHY should not half the area of our parks, for example, be planned out into playing fields for the children of neighbouring schools? In view of the fact that our parks are practically deserted during eight months of the year, it is surely poor economics to force children to seek recreation on the streets.—*Manchester Guardian.*



# SHOULD LADIES RIDE ASTRIDE?

*[Quite a number of titled ladies are now to be seen daily in Hyde Park riding astride. To the London* DAILY EXPRESS *a well known horsewoman contributes the following article on this question.]*

IN considering the vexed question whether or not ladies should ride astride, it must be at once admitted that they have a much firmer seat in a side saddle. They ride with longer reins, which, combined with a steady seat, gives them much better hands than the average man, and horses will always go better for good hands, unless they have been "skulldragged" —*i.e.*, their mouths have been used to keep the rider in or near the saddle, until they have become insensitive to "hands."

Many men, indeed, will not buy a horse with a sensitive mouth; they like something that will "take a bit of a hold," and have to steady them by a grip of the reins. A lady, always supposing that she is a good rider, has great leverage power with the pommels and with a horse blundering badly. When a man would often shoot over its head, the lady can generally sit tight and pull the horse up, or by the very fact of sitting still help the horse to recover himself and save a fall.

### THE LADY-LIKE TOUCH.

Some horses certainly go better for a woman than they will for a man. These are generally horses with sensitive mouths, that rough hands have been pulling from temper, and a lady with light hands and gentler methods will make them go kindly for her. An inveterate puller is best left to a man who is physically better able to hold his own.

There are, however, three serious disadvantages to a side saddle. The worst, as far as danger goes, is one's total inability to get out of the saddle at critical moments. For instance when a horse rears, or falls over backwards at a fence, the angle at which he goes up makes it impossible to move. There is only one moment when you are both going over backwards that one can drop out, but it is merely a matter of luck whether the horse falls on the top of one or whether one can manage to drop to one side. A man in a similar position can generally slip his feet out of the stirrups and get clear.

The second objection to side saddles is that they are heavy and the weight is one sided on the horse, and unless the balance is good in the saddle, with no weight dragging in the stirrups, sore backs and withers are the results. Sitting straight in a side saddle, from the spectator's point of view, means that one's shoulders are square to the horse's ears. The whole position is unnatural and a strain on the muscles.

### CRAMPED AND INCONVENIENT.

On the other hand, if one sits straight to oneself, the right shoulder will be more forward, and one would be facing the horse's left ear which, although more comfortable, looks very bad. In either case, the position is cramped, and one can never get a straight pull at the horse.

Then, again, it takes time to get hardened to the crutches. The under side of the knee joint where it rubs over the crutch is usually rubbed raw, though a soft bandage wound round the crutch will sometimes prevent this.

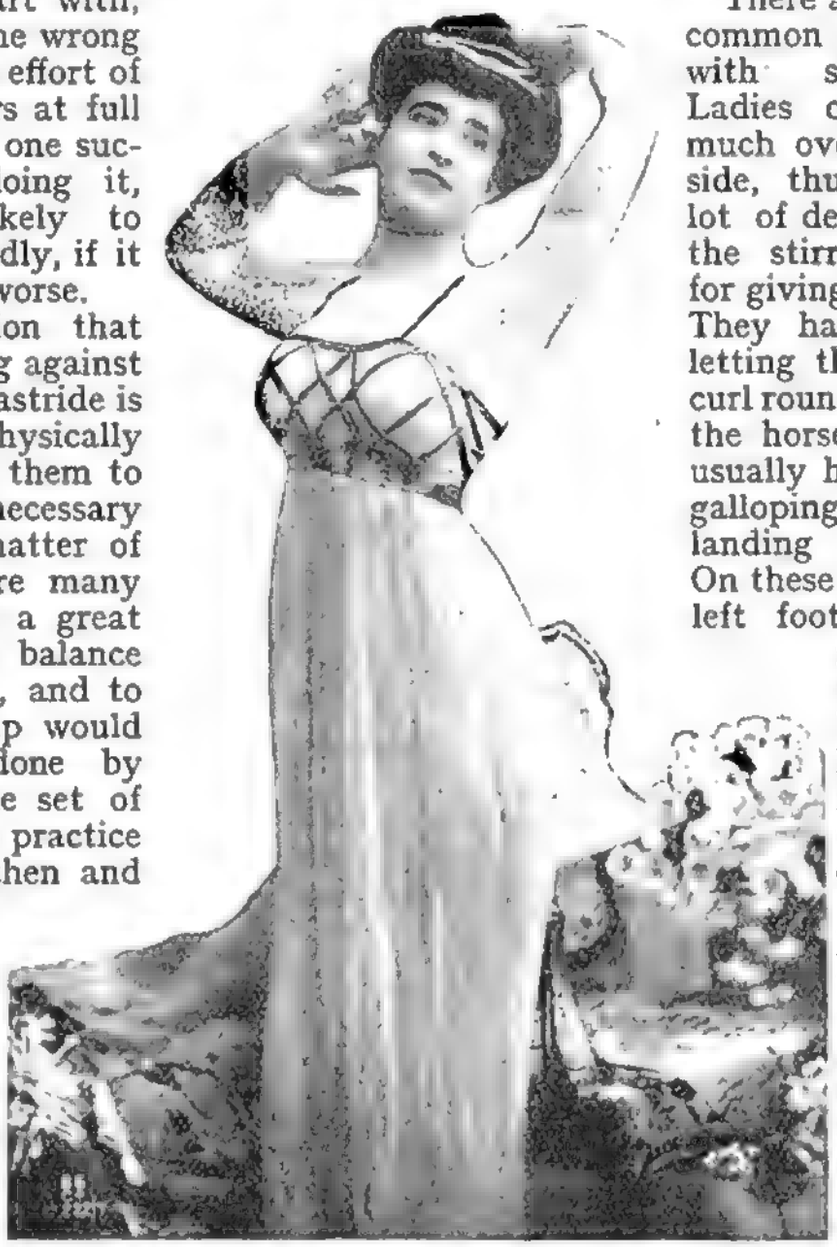
Another disadvantage of the side saddle is the loss of some control by not having a leg on the off side to keep a horse straight at his fences and prevent him from swerving. Some horses will turn to one side, or try to swerve way at a fence, and then perhaps

jump it sideways. Here a man with the advantage of a leg on each side will score easily.

Flat racing or steeplechasing would be dangerous on a side saddle, as most courses are right handed, therefore the weight, to start with, would be on the wrong side, while the effort of turning corners at full speed, even if one succeeded in doing it, would be likely to strain one badly, if it did nothing worse.

The objection that most men bring against women riding astride is that it is physically impossible for them to have the necessary grip. As a matter of fact, there are many men who ride a great deal more by balance than by grip, and to attain this grip would be simply done by developing one set of muscles which practice would strengthen and get into shape.

Riding astride will, I imagine, never become fashionable, for the simple reason that it is only suitable for women with slight, well made figures, and they are distinctly in the minority. It is also doubtful if many women would ever be strong enough in the saddle to stand a hard day's work across country.



A BEAUTIFUL DISCIPLE OF PHYSICAL CULTURE.
*Imre Lorraine (Klio), the celebrated exponent of Statuary.*

WHY NOT RIDE ASTRIDE?

But for exercising, riding to and from the meets, or simply riding for pleasure, there can be no earthly reason why ladies should not ride astride. It is a great rest after a side saddle, and if ladies ride well and are neatly turned out they need not mind hurting the feelings of the public.

There are two faults common in connection with side saddles. Ladies often sit too much over on the near side, thus putting a lot of dead weight on the stirrup—a patent for giving sore backs. They have a way of letting their left foot curl round and dig into the horse's ribs. This usually happens when galloping down hill or landing over a fence. On these occasions the left foot should be more forward than usual, bringing the left leg into firm contact with the lower crutch.

Unless horses are used to being tickled in the ribs they are apt to show signs of resentment, and a lady in her fright unconsciously digs her heel in all the harder, and wonders what possesses the horse.

I remember a dealer asking me to ride a beautiful horse that had just been sold to a lady. When I was in the saddle, he requested me to canter and gallop it round a field, kicking and tickling it with my left heel all over its ribs, for, as he told me, the horse had

perfect manners, but it was not accustomed to a bad rider.

Most children are now taught to ride astride, and girls should not be allowed to ride in a side saddle for any length of time until they have stopped growing.

In conclusion, while there are many points for and against a side saddle, the most sensible thing is to be able to ride in either side saddle or astride as occasion demands.

## How to avoid taking Pneumonia.

THE first essential would be to banish the microbe from the mouth. But let us hasten to say that, effectual as the habit appears, we do not advocate the chewing of tobacco, says a doctor in the *People's Friend*. Probably more salutary, and certainly more pleasing, would be the regular use, after meals, of a good antiseptic liquid dentrifice. At these times the mouth and throat might be rinsed with a solution of this The second essential is the maintenance, at its highest possible level, of the health of the individual. The body needs rest, and must be disappointed of a sufficiency of neither the nightly, nor the weekly, nor the annual repose, if its value in work is to be exacted without injury. Food also must be plain, proper, sustaining, varied, easy of digestion, obtained at regular intervals, and eaten at ease, with thorough mastication. The body must be bathed frequently, and clothed with care and wisdom. Too many clothes are as dangerous as too few; but, with woollen things next the skin, much may be left to individual taste. Footwear must be above suspicion. These are texts of sermons we have preached before but they bear forcibly upon this matter. The third essential is the taking of no risks thoughtlessly. Umbrellas, overcoats, waterproofs, wraps, and warm non-alcoholic drinks are valuable things when used at the right time. And nose breathing is safest on cold nights.

FAR more important than any scientific discovery is the discovery that our health is largely in our own hands.—*The Tribune.*

## Fighters by Nature.

### Prize Fighters are Born, not Made

By ROBERT EDGREN.

SOME scores of centuries before our time the cave men were unconsciously laying the foundation of the sporting spirit that animates men in the 20th century.

In those days only the fighters survived. The weaklings disappeared into the ready maws of the cave tiger and the huge reptiles of the age. Our fighting ancestor faced the cave tiger with no other weapon than his great stone axe: a sporting proposition that quite overshadows any feat of the modern hunter with his high power rifle. Fighting was necessary to life then, and from the day that the stone axe was invented love of battle grew in the human mind.

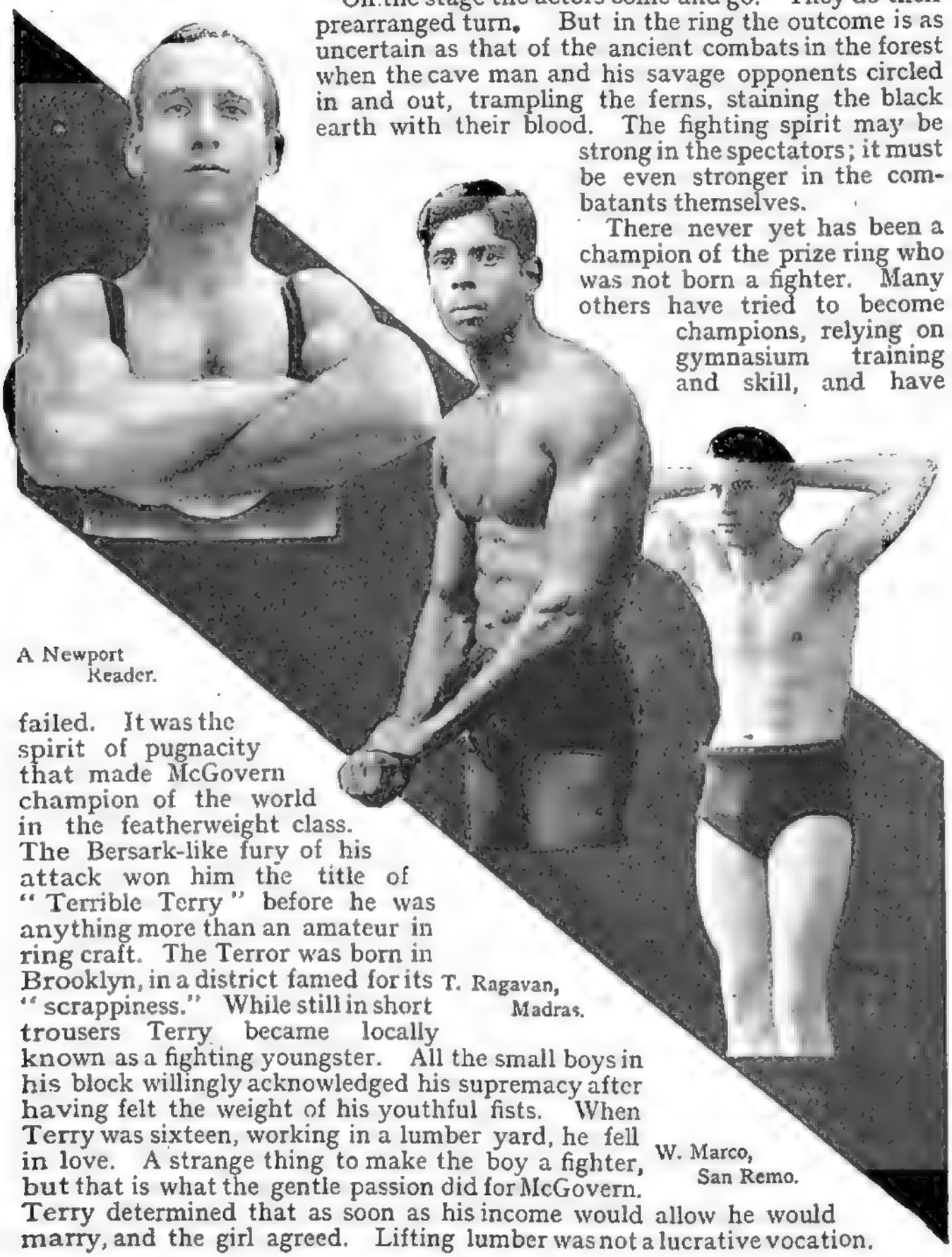
A few hundred years ago the spirit of the cave man found a more rough and ready outlet than is permitted by our modern laws. Our Saxon forefathers, encased in steel from head to foot, mounted their battle steeds, lance at stirrup battle-axe ready to their hands and sallied out in search of adventure. Fighting was the amusement of the time. Where the man of to-day goes to the theatre or a cricket match, the pleasure hunter of a few centuries ago went out to take a hack at his nearest neighbour with a two-handed sword.

The same combative spirit that animated the cave man can be seen at every glove fight that takes place in a modern ring. Bankers and business men, mechanics, capitalists and clerks elbow each other in the seats at the ringside. Many a man who would not have gone across the street to see the greatest tragedy in which Sir Henry Irving ever appeared, joyfully travels hundreds of miles to see two skilful fighting men stepping deftly, guarding, striking blows as swift as the flash of a tiger's paw, struggling desperately for victory. This is real tragedy. There is a fascination in watching such a

struggle—the despairing efforts of the brave man going down to defeat; the furious attacks of the winning boxer the sudden reversals, in which the aggressor of a second before may be beaten by a single blow.

On the stage the actors come and go. They do their prearranged turn. But in the ring the outcome is as uncertain as that of the ancient combats in the forest when the cave man and his savage opponents circled in and out, trampling the ferns, staining the black earth with their blood. The fighting spirit may be strong in the spectators; it must be even stronger in the combatants themselves.

There never yet has been a champion of the prize ring who was not born a fighter. Many others have tried to become champions, relying on gymnasium training and skill, and have failed. It was the spirit of pugnacity that made McGovern champion of the world in the featherweight class. The Bersark-like fury of his attack won him the title of "Terrible Terry" before he was anything more than an amateur in ring craft. The Terror was born in Brooklyn, in a district famed for its "scrappiness." While still in short trousers Terry became locally known as a fighting youngster. All the small boys in his block willingly acknowledged his supremacy after having felt the weight of his youthful fists. When Terry was sixteen, working in a lumber yard, he fell in love. A strange thing to make the boy a fighter, but that is what the gentle passion did for McGovern. Terry determined that as soon as his income would allow he would marry, and the girl agreed. Lifting lumber was not a lucrative vocation.



A Newport Reader.

T. Ragavan, Madras.

W. Marco, San Remo.

He looked about for something better. Just then there was a boom in boxing; New York was the Mecca of the pugilist. Terry looked at his hard fists and determined to try his hand at the fighting game.

His first fights attracted some local attention. Being a natural fighter, but with little knowledge of the art of boxing at that time, he fought as the cave man might have fought if deprived of his club before entering the ring. In short, Terry's fighting was so rough that he was as likely, at first, to lose on a foul as to win at all. Still he began to win; his superior aggressiveness carried him rapidly to the front. One after another he knocked out his opponents. Soon he was put in the leading preliminaries, and then in the main events in the lesser clubs.

Then came the turning point in Terry's fortunes, and wealth began coming in to him.

With his manager in advance and a retinue of trainers at heel, Pedlar Palmer, heralded far and wide as the most clever little fighter ever produced in all Britain, appeared in New York. An astute manager, named Sam Harris, had just agreed to look out for Terry's fortunes. This gentleman went to Palmer's manager and persuaded him that the English fighter could best start his victorious career in America by whipping some of the less formidable of his rivals. He also induced the Englishman to believe that a good man to begin with would be McGovern. The match was made. Newspapers commented upon it, sympathising with the unfortunate youth who was to be the English champion's first victim. But Terry was a fighter by nature, and the idea of losing never crossed his mind. He trained along with as little concern as if the noted Pedlar were only one of the boys from his own ward.

When the day of the battle came, everything was prepared on a scale commensurate with its international character. The arena was built out of doors, open to the sky. Its great bowl seated many thousands of spectators. In the window of a house near by was Terry's girl wife, for the boy was married now. As he entered the ring he waved his hand toward the place where she sat with palpitating heart behind the curtains.

The Union Jack was flung to the breeze over Palmer's corner. With a great brass band shattering the air with the strains of Yankee Doodle, Terry's small brother got into the ring and marched across it, proudly waving the Stars and Stripes. The ring was cleared. Then came the crash of the gong.

Terry McGovern went across that battle ground like a wild bull at a matador. Palmer's boasted skill was as useless, when it came to stopping his rush, as a straw would have been to dam a mill race. Time and again McGovern's furious blows smashed down the Briton's guard. His two fists plunged like two battering rams into Palmer's ribs. In two minutes and thirty-two seconds of cyclonic fighting Palmer was battered down and out, whipped without being given a chance to show his skill. Five minutes after entering the ring McGovern left it again, the most famous little fighter in America. His next opponent was the champion; and when, after eight rounds of whirlwind fighting, George Dixon, seven times toppled to the blood-stained canvas covering of the ring, lay looking up helplessly at his conqueror, Terry McGovern was hailed as the Champion of the World.

One of the greatest natural fighters the world has seen, if not the greatest, is Robert Fitzsimmons. Some are more showily clever; but none of the other heavy weight boxers can equal him in fighting skill and ring strategy. Although he can fight at the middle-weight limit (158 pounds), ever since he won the heavy weight championship from Corbett, Fitzsimmons has been forced to find his opponents among the

giants. Few boxers of his own size have the temerity to meet him in the ring.

Like all the other successful ones, Fitzsimmons is a fighter by nature. Had he been born in France instead of Cornwall his instinct would still have made him settle all disputes with his fists. His whole brain seems to have been intended to direct the fighting machine that his body has become. In other lines of thought he is as simple as a child.

When Fitzsimmons was still a small boy his parents went to New Zealand, and here he was apprenticed to a horseshoer. In the shop, when times were dull, the smiths boxed and wrestled among themselves. Before long the youthful Fitzsimmons developed a rude sort of skill with his fists, and a wonderful knack in hitting. The fighting spirit that Nature had placed in him suddenly pushed all of his other and weaker instincts aside, and took the dominant place in his character. He began running eight or ten miles on the road before going to work, and in other ways taking up the training of the fighter. Soon he beat all of his brother smiths, and fought several ring battles in which he surprised the local talent. Then, like an Alexander of fisticuffs, longing for other worlds to conquer, he took ship for America.

When he landed in San Francisco no one would have taken the Antipodean for a fighter. He was long and lank and thin legged and knock kneed. He did not possess even a pair of boxing shoes, and as for training diet, he was in luck when he could get a meal a day. One night in the old California Athletic Club he was put on in place of a fighter who had failed to appear. His opponent was a burly middle weight named McCarthy.

The house was crowded. Men had paid good money to see a good fight, and when the spindling stranger climbed into the ring and was introduced as the substitute for the man who had shown the white feather a growl of disapproval went up.

But the bell rang and the fight began. McCarthy rushed at his smaller opponent as if intending to hurl him to the floor at the first onset. The spindle-shanked youngster scuffled forward to meet the charge. Then something happened. Two freckled arms plunged out forcefully. Blows chugged and smacked on flesh and bone. Battered and bleeding, McCarthy staggered back, with the stranger, awkward, grinning, in steady, cool pursuit of him. The amazed spectators came to their feet with a bound and a yell. Fitzsimmons paid no attention, but kept to his work. In the ninth round McCarthy crashed to the floor for the last time.

That was the beginning of Fitzsimmons's success. The next day he ate, and in the afternoon he appeared on the streets of San Francisco in a tall, shiny hat and a frock coat, the outward signs of prosperity.

No greater fighting man than John L. Sullivan ever entered a ring, and he was born a fighter. He fought for love of the game, not for the money that he earned in the ring. If there was no money to be won, Sullivan was as ready and willing to go on with the bout as he would have been with a fortune at stake.

Sullivan was born in Boston. When a boy he went to school and fought his way with the other youths, picking up the first principles of boxing. As Sullivan grew to manhood he went to work, becoming a cab driver. It was while pursuing this vocation that chance started his career as a fighter.

Mike Donovan, at that time one of the great heavyweights, was matched to fight for the championship. While training he decided to give an exhibition in Boston and make a little money. John L. Sullivan, being big and brawny, was selected as a good opponent, for it was thought that he would fall an easy victim to Donovan's skill.

On the night of the contest Sullivan and Donovan entered the ring.

"I'm going to let you off easy," said Donovan. "I don't want to hurt my hands on you."

"You'll be lucky if I don't break your back," growled Sullivan.

Donovan jabbed John L. cleverly, and the big fellow rushed. Donovan ducked his head. Sullivan brought his right arm down on Donovan's back full length, as if he were using a club. Down went the scientific fighter flat on his face, breaking his nose in the fall, and lying stunned. Sullivan walked away with a growl.

That was the beginning. William Madden brought Sullivan down to New York, where in some of the Bowery theatres, famous English boxers were engaged to fight, for at that time the game was in its infancy in America. Sullivan knocked out the best of them, rendering all their skill useless by the fury of his attack. That was the thing that made Sullivan peerless as a fighter. His advance was so sudden, his blows delivered with such furious strength and quickness, and his glare of rage so intimidating, that most of his rivals were half whipped before they could begin to fight.

James J. Jeffries, the champion who has retired from the ring, might still be working in a boiler foundry but for one of the accidents of fate. He had grown up in his home town, Los Angeles, Southern California, like other boys, going to school, fighting now and then, but not showing any especial aptitude for the game. When he was about seventeen he went to work. He was a huge boy then, and in the fighting that always takes place among men who work in iron, developing strength and endurance, he more than held his own. In a couple of years he was the acknowledged champion among the men in the foundry, and when a newcomer talked of fighting, Jeffries was selected by common consent to take his measure.

One day a big negro came to town. He was one of those travelling fighters who go about looking for small matches. When he gave out his challenge young Jeffries was sent for by his comrades, and a match was arranged. In that fight Jeffries showed his natural bent for the game. At first the negro, Hank Griffin, gave him a terrible beating, but Jeffries found that he could endure the blows without being dazed. He settled down to study his rival's methods, and in the fourteenth round took advantage of an opening to drive in a crushing body blow, and stretched the negro helpless at his feet.

That fight caused Jeffries to leave his work and go out as a professional pugilist. He was a giant in size and strength, courageous, cautious, dauntless in the face of punishment. He lacked the furious aggressiveness of Sullivan, but by steady degrees he fought his way up to the championship. In the ring Jeffries always uses his natural method—the same that made him winner over the black in his first, battle—first studying his opponent, then beating him down slowly and surely.

On the Pacific Coast was born a fighter who for a time reversed the usual ideas of fighting form. He was James J. Corbett. Corbett's boyhood was spent largely in a gymnasium. There he learned to box. For some time he fought as an amateur, beating men who afterward became prominent as professional boxers. Gradually Corbett improved. He was working as clerk in a bank, but in time he left that position to take up fighting as a profession. Corbett never was a natural fighter, and his record shows that with the exception of the fight in which he took the championship from old John L. Sullivan, almost every natural fighting man he has met has beaten him down.

When a boy Corbett developed wonderful skill as a boxer. That skill

helped him to wear Sullivan down without risk of injury to himself. But in later years Fitzsimmons and Sharkey (a smaller edition of Sullivan as a fighting man) and Jeffries all overcame his skill by savage battering, beating down his guard, driving him before them by sheer strength and aggressiveness.

Tommy West, one of the greatest of the middle weights, began fighting as soon as he could walk. When still a boy he went to sea, and after a few years landed in the American navy. There he learned the fine points of boxing. When his term in the navy was over, he went home to Portland, U.S.A., and determined to become a professional fighter. His first ring battle was with a boxer named Kelly. West was beaten to a standstill; but, with the bulldog tenacity that characterises all his fights, he would not be whipped. Both eyes closed, and still he would not give in. His opponent hammered away with a will, but could not put him down to stay. Finally West had an inspiration. He shoved one battered eyelid up with the heel of his left glove, so that he was enabled to get a momentary glimpse of his rival. Putting all of his failing strength into the last blow, he swung the right hand furiously. West felt the blow land. For an instant he stood waiting. Then, as the air was rent with a sudden gust of cheers and yells, he brushed up his bruised and swollen lids again, and discovered his enemy stretched helpless at his feet. It was a hard won victory, but he had started, and he went on fighting battle after battle until he was ranked among the greatest boxers in America.

From Colorado, two years ago, came a little fighter known as "Young Corbett." In a whirlwind fight at Hartford he took the feather-weight championship from the hitherto invincible Terry McGovern, knocking him out in the second round. Young Corbett is a pocket edition of John L. Sullivan in his prime. He attacks with the same fury. His blows have the same crushing effect that those of the great heavy weight once had.

Corbett was born with a thirst for fighting. When a youngster he began learning to box in a gymnasium. He found that he could beat all the other boys of his size, so one night he slipped away from home and fought in a preliminary bout. He won, but he went home with a blackened eye. In the morning his father questioned him, and sternly forbade him to fight again.

I saw the telegram that Rothwell's father sent him on learning the news of his victory. The father's scruples had vanished, and at that moment he was the proudest man in the State of Colorado.

And so it might be written right through the list of fighting men. The fighter is born, not made. Nearly every man has his share of fighting spirit. Some apply it to their business methods, striving to drive their rivals to the wall; others are not satisfied with anything but its physical expression. These are the men we go to see clashing under the arc lights of the ring.

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### RACE SALVATION.

IN an address at Maldon, Essex, on the physical deterioration of the British race, Dr. Lawson Dodd urged the early registration of births, the registration of sickness, drastic action with regard to overcrowding, the establishment of municipal milk depots with cheap milk for the poor, medical inspection of the schools, the special treatment and teaching of defective children, proper feeding of the children (one free meal at least per day being given), proper teaching of the lessons of hygiene, games for the children, and the teaching of the duties of motherhood to the elder girls. He believed that in these methods would be found the salvation of the race.

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"ATHLETIC excellence is no longer harboured under the British flag alone," says the *Daily Telegraph*. "It is most significant that when over nine hundred athletes of all nations answered the invitation of the King of Greece last April, the country which secured the greatest number of first and second prizes was France."

## The Deadly Poppy.

[*China is about to make a great effort to stop the Opium Habit in that country, as it is ruining the physique of the nation. The following article, therefore, will be read with interest.*]

THE poppy is largely grown in Persia for the purpose of opium production. About 6000 chests, each weighing about 130 lbs., are exported annually, and it is thought that nearly an equal quantity is consumed in the country itself. The opium poppy is not difficult to cultivate, but it requires thorough understanding and unremitting attention to bring it to a state of maturity. All Persian opium is cultivated on land which is thoroughly irrigated, and the moisture is under the farmer's control. The quantity of moisture given to the plants has to be most carefully regulated.

THE CHIEF DIFFICULTY

to be found in the cultivation of opium is to know the exact time at which the poppy plant arrives at maturity, as by making a mistake in this particular all one's previous efforts are totally frustrated. Some plants will mature at one time and some at another; each one must be examined separately. If the incision which is made for the purpose of extracting the opium is made too soon, nothing but sap will exude, and this is of a white nature. If, on the other hand, it is made too late the sap will have dried up and no juice at all will flow. The process of seed sowing takes place during September and October. The ground is first carefully cleared of stones and rubbish, and more or less levelled. Then the seed is sown broadcast upon the level surface, and the water turned on. The ground is allowed to remain in this condition without being interfered with for two or three days, by which time the water has become thoroughly absorbed, and the outer surface is beginning to dry up. Then the beds are carefully raked over so as to completely cover the seed. In about six weeks the tender green leaves will shoot forth.

WHEN THE PLANTS

are once well started they are very hardy, and will withstand cold at the freezing point for some time. About May the flowers appear and go on for some fourteen days. Between the time of the drooping of the flower and the maturing of the opium is the most critical period in the life of the plants, and they have to be very carefully tended and nurtured that a healthy condition may be maintained and the opium produced in fair quantities. When the flower has fallen it is the ball immediately below it that has to be most carefully attended to. It assumes a light brown colour somewhat darker than amber when the poppy is matured, and an incision cut diagonally across it from top to bottom causes the juice to exude; if the poppy is not sufficiently matured this juice is not of the required colour or quality.

THE INCISIONS

are generally made in the evening, and the opium which adheres to the stems of the plant removed before sunrise. In Persia it is collected into jars or ordinary cooking utensils, and stored up until the harvest is finished. The plants ripen about the end of May or the beginning of June, but, of course, this depends largely upon circumstances. After the gathering in of the opium, the preparation of the drug for the market is undertaken by merchants, only in very rare cases by the cultivators. It forms a distinct business, and requires utensils which are not generally to be found on the producer's estate. Opium contains in the rough a good deal of foreign matter, such as pieces of the stem of the plant, leaves, etc., which have to be removed, and then the drug undergoes a process of kneading and pressing so as to get rid of superfluous moisture. A little oil has to be used in this process, and some of the opiums are very largely diluted with it.

# READERS' CLUB.

President - - EUGEN SANDOW.

*Motto*:—One may help Many.

For the exchange of Ideas, Personal Experiences and Photos for the encouragement of Club Members.

Every Reader of "Sandow's Magazine" is a candidate for Club Membership.

Members are expected to act up to the Club Motto, and the President will award the Club Fellowship Medal to those Readers who qualify for its possession by

(1) Contributing a letter or experience worthy of publication, and by

(2) Introducing this magazine and advocating Physical Culture, to not less than fifty friends and acquaintances. To secure the Medal the qualifying Reader must send in the names and addresses of the fifty to whom the copies have been distributed, together with a "cutting" of the published "Letter," bearing date of issue, as well as stamp for postage of the Medal.

The fifty specimen copies are supplied free and carriage paid to qualifying members. In the case of foreign and colonial Readers, the sending of fifty names and addresses will be considered as entitling to the Medal.

*No medal will be sent unless application is made.*

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### A Remarkable Cure.

Hebden Bridge.

SIR,—I have been a reader of your magazine for a considerable time now, and having always taken a special interest in the readers' experiences, I should like to let my fellow readers know what your system has done for me. In November of last year I was ill with rheumatic fever and a strained heart. My father blamed your system for the strain, but the doctor stated that it had been done a considerable time, whilst I had only exercised a few months. A fortnight ago I asked the doctor to sound me, which he did. He then stated that the first time he came to see me he had no hopes whatever of my recovery, as I could not breathe freely. He said I had really surprised him, and asked me how I had pulled through so remarkably well. I explained to him that I had followed your system as closely as I could possibly do, and he said that I was doing the best thing possible, so long as I kept off weights, a tip which I shall follow to the best of my ability.

E. HOYLE.

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### Remarkable Development.

Ayr.

SIR,—Being a reader of your excellent magazine for about fourteen months, I wish to give my experiences. Before starting physical culture I was very weak. I came to Ayr to work, and it was there I first started your system. I fell in with one of your readers, Mr. R. Auld, and he asked me to try your system, as it had done him good. I first started with his developer and in two months I felt a different man altogether. I then purchased a pair of your ½-grip dumb-bells, which I have used ever since, and I think they are the best muscle builders in the world. Before starting physical culture my measurements were: Neck, 15 in., chest 36½ in., biceps (right) 12¼ in., (left) 12½ in., forearm 11⅞ in., wrist 7½ in., thigh 19½ in., knee, 13¾ in., calf 13 in. At present: Neck 17½ in., chest (normal) 40 in. (expanded) 43 in., biceps (right) 15½ in., (left) 15 in., forearm, 13 in., wrist 8½ in., thigh 22 in., knee, 14¼ in., calf 14½ in. My height is 5 ft. 11¾ in.; weight 12 st.; age 21½ years. My favourite sports are wrestling, running and weight lifting. At present I am training for a wrestling match, which I hope to win.

HARRY H. FINGLAND.

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### Thanks.

I BEG to tender my best thanks for the receipt of the Fellowship Medal, received from you by the last mail. I shall prize it always and will continue to forward contribution, if any efforts of mine are regarded of sufficient interest to the many readers of your highly esteemed journal.

GEO. W. STEGMANN (Johannesburg).

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J. R. THOMSON (OLD TRAFFORD).—Thanks for letter. Suggestion will be considered.

W. MURDOCH (SALFORD).—Report unfortunately reached us too late for inclusion in that issue.

### Cyclists Please Note.

Alton.

SIR,—I am writing to thank you for the great benefit I have received from your developer. I enclose photo of myself and prize won in the Two Mile Open Cycle Race at the Alton Athletic sports on August Bank Holiday. I used to be a weak, puny lad, but since using your developer and reading your valuable magazine, I can surely say that I am always fit. Am a non-smoker and total abstainer.

E. GILES.

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### Developing His "Mussels."

Bombay.

SIR,—Enclose to have a pleasure to write to you thanking for the advantage I derived by continuing your worthy exercise for last two years. Though I am exercing physically in my gymnasium for last seven years, still I did not found such sudden change in body as at present am surprised, rather overjoyed, in well devaloping my mussels, for which I must again thank you very much.

My enclosed phottо will proove you well, and would like to have one copy come out in any of your magazin, and oblige. My age at present is twenty only.

I beg to remain, dear sir, yours kind pupil,

PESTONJEE HORMUSJEE MISTARY.

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### The Gospel of Exercise.

Highbury, N.

SIR,—I have taken in your splendid magazine from the start, and cannot express my gratitude enough for the good advice I have received from time to time therefrom. I purchased one of your developers and many of your works, including "Man in the Making," and am at present following closely the exercises set out therein. I never let an opportunity pass of spreading the gospel of exercise and right living and have gained many converts to your system. I cannot claim the development of a strong man, but the muscles I can show speak very highly of your splendid system.

BERT WILLIAMS.

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### Converting the Scoffers.

New Plymouth, New Zealand.

SIR,—I see by some of your late magazines that you have had a few letters from this far off land from followers of physical culture, so I thought I would write and tell you that I have received great benefit from following your system of physical culture. I have been at it now for about three years and have gained both health and strength. It was after seeing you perform in this town during your New Zealand tour, that I thought I would take up physical culture, so I got a pair of light dumb-bells and made a start. I kept it going all right for a month or two, and then got tired of it, and said it was no good. But one day, about six months after, I happened to see your book, "Strength, and How to Obtain it," in a shop window, so I bought and read it, and I thought I would give it a another trial. I started once more, and I have kept at it ever since. I have also got your other book—"Body Building,"—and also your grip dumb-bells and developer, and have a go at them every day. I think a few minutes a day with them is the finest thing a man can have.

I must tell you that not only have I myself gained by physical culture, but I have got others to take it up as well. Some of them required a great deal of talking to before they would start, and then they would not have continued with it if I had not kept at them. With one young lady it took me over six months to get her to start. She believed in physical culture herself, only she was frightened her sisters would laugh at her. However, she started at last, and got a bit of chaffing at first, but she stuck to it all the same, and it has improved her in every way. She used to suffer a lot with colds, and now she does not know what it is to have a cold, and now one of her sisters is taking it up and getting along finely.

J. CULLINGTON.

[Photos sent are unfortunately too indistinct for reproduction. — THE PRESIDENT.]

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### Good Results.

Newbridge, Mon.

SIR,—I have started a physical culture class and sub-readers' club in Newbridge, Mon., since April of this year, and have supplied copies of your magazine to each pupil since that date. I have several pupils, and all are exceptionally delighted with your magazine. They are using your appliances and making fine strides. Three in particular, from whom I have received permission to send names, and to express their gratitude for the good they have derived from both your magazine and appliances. Andrew Jones, aged 10, who was suffering from palpitation of the heart, has completely recovered; gained 4 in. round chest in four months. Herbert Richardson, aged 24, kidney trouble, was anticipating operation, but decided for your course instead. He has recovered also, and states he has never felt better; gained 3 in. round chest in last three months. William Bailey was sound to all appearance when starting, but is desirous of retaining that soundness. He is decidedly stronger, and looks more an athlete than before, and wishes me to thank you through your life giving medium. The afore-mentioned are highly respected gentlemen of this neighbourhood. Their friends are continually congratulating them on their improvement, but their wish is that you get all the praise. I may say they are all three beautifully developed, and would make a good picture.

THOMAS BAKER.

[Why not send photo group?—THE PRESIDENT.]

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R. E. WELLS (STRAND, W.C.).—Thanks for enthusiastic letter. Make 1907 a record year.

J. R. STORK (RUGBY).—I am afraid the particular number you mention cannot now be obtained.

### "The Sandowite."

Phillack, Hayle, Cornwall.

SIR,—I write to give my three years' experience of physical culture as laid down in your excellent system. In November, 1903, I bought one of your developers, and all through that winter and during 1904 to June, 1905, I worked regularly, and with great interest, at the exercises every night before turning in, employing one evening for, say, the developer, and another for the chest expander.

In June, 1905, when buying a new lot of strands, I came across the grip dumb-bells, and resolved then in my own mind to purchase a pair. Some days later I did so. Since then I have used them alternately with the developer, until last summer, and now do more with the grip dumb-bells, these being so handy. Without the bells and developer to vary the exercises I should now be unhappy.

### Wins Gymnastic Instructorship.

Milnthorpe, Westmoreland.

SIR,—I am writing to thank you for the many valuable hints and advice I have obtained from the pages of your magazine, which has helped me to obtain the position of drill instructor at this school, to which there is attached a very large gym. thoroughly fitted up. I may add there was a large number of applicants for the post. You may care to know that there are two of your combined developers in the gym.

ROBERT GERMAN.

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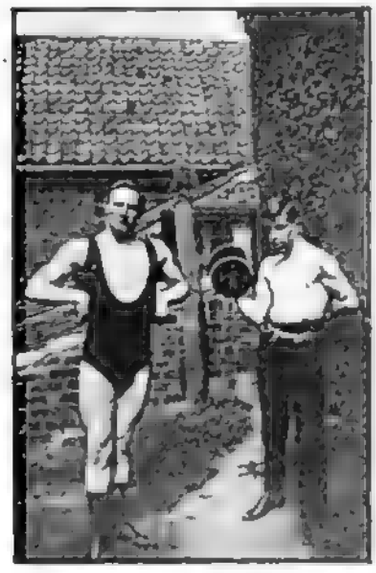
### What's Wrong at Stalybridge?

Stalybridge.

SIR,—I have been using your grip dumb-bells about four months now, and am highly satisfied with the result. I read with great interest the article on "Sandowism," but think that

## SOME SANDOW SUPPORTERS IN THE NORTH.



A. J. BRIGHTEN & FRIEND, Grimsby.

A. W. MILNE, Brechin.

J. A. BRIGHTEN, Grimsby.

Since last November I have taken in your magazine, and now that I am situated in the country I have same sent on to me, looking forward to its arrival each week. Not very strong, this regular exercise, guided by the full instructions of charts, etc., has repaid me all I have spent; and shall spend, upon strands and springs. I am always ready to talk to friends about the system, and my folk at home (as other readers have, no doubt, experienced), laugh and joke about the "Sandowite." Nevertheless, I uphold the system and shall continue to do so I hope, for many years.

CYRIL C. PITMAN.

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I RECEIVED the medal quite safely, which I think is a little beauty. And I thank you very much indeed. The design is excellent, and it shall find a place on my watch chain.—J. BROADBENT (Oldham).

each follower of your system should call himself a "Sandowite" instead of "Sandowist." I also read in the magazine of the various clubs, gymnasiums, etc., in England, and am sorry to say that there are, so far as I know, none at all in Stalybridge.

I desire to express my sincere thanks to you for the benefits I have received through your system of physical culture. My father used to be always saying that I was a decrepit old man of eighteen. But since I started physical culture he has said I begin to look more like a boy. I should like to hear from Stalybridge Sandowites with a view to starting a school of physical culture.

W. A. DAYTON.

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YOUR medal to hand. I think it is the prettiest medal I have ever seen, and it is well worth the neat case it is enclosed in.—HARRY TYNAN (Manchester).

# ARTICLETTES.

## BUTTERMILK.

Buttermilk as a remedial agent cannot be praised too highly. The lactic acid, the sour of the buttermilk, attacks and dissolves every sort of earthy deposits in the blood vessels. Thus it keeps the veins and arteries so supple and free running that there can be no clogging up; hence no deposit of irritating calcareous matter around the joints, nor of poisonous waste in the muscles. It is the stiffening and narrowing of the blood vessels which bring on senile decay. Buttermilk is likely to postpone it ten or twenty years, if freely drunk. A quart a day should be the minimum, the maximum according to taste and opportunity. Inasmuch as gouty difficulties arise from sluggish excretion, buttermilk is a blessing to all gouty subjects. It gently stimulates all the excretories—liver, skin, and kidneys. It also tones the stomach and furnishes it with the material from which to make rich, red, healthy blood. If troubled with gout, avoid meat, sweets, pastry, wines, spices, hot rolls, bread of all sorts, and everything belonging to the tribe of ferments. Eggs, game, fresh fruit, vegetables, especially salads may be eaten with impunity. If anyone has a cracky joint, or a swollen and aching one, he should drink all the buttermilk he can relish whenever and wherever he can, but it should be fresh churned and wholesome.

## CURIOSITIES OF SMELL.

The curious physical effects of stimulating the sense of smell are well known. It is still a moot point as to whether snuff takers do not really stimulate their intellectual centres through the anterior lobes of their cerebral hemispheres when they irritate the olfactory mucous membrane. A habit so widely spread and so extensively practised as that of snuff taking can hardly be supposed to depend entirely upon mimicry. There seems to be no doubt that the presence of some animals—the cat is the best known instance—is really disturbing to persons of unusually acute sensibility, even when they are ignorant of its presence. In like manner, many people regard as unpleasant, or even insupportable, odours like those of apples or pinks, which are regarded as grateful by the majority of their fellows. Hammond, quoted by Gould, in his "Anomalies and Curiosities of Medicine," tells an extraordinary story in connection with the effect of disorders of the nervous system associated with peculiar odours. A young woman of hysterical tendencies exhaled the odour of violets. The odour was given off from the left half of the chest only, and could be obtained concentrated by collecting the perspiration on a handkerchief, heating it with four ounces of spirit, and distilling the remaining mixture.—*The Hospital.*

## TRIUMPH OF HUMAN MIND.

In driving the long Simplon tunnel under the Alps, a fine test was offered of the accuracy with which engineering science can guide the direction of two parties of workers, starting twelve miles apart, so that they will meet in the heart of a mountain. Three principal elements had to be calculated—the total length, the level, and the direction as to right or left. When the two bores met in the middle, it was found that the length—the least important of the elements—differed only about 31 ins. from the calculated value; the difference in level was less than 4 ins.; and the error in direction from one end was less than 5 in., from the other less than 4 in. The success of the engineers was remarkable, considering that the tunnel is twelve and one-third miles long.

## THE FACE AND HEALTH.

The face is a most excellent index to the state of one's physical being, and from it symptoms of disease can be detected before the patient is aware that anything serious is the matter with him. For instance, incomplete exposure of the eyelids, rendering the whites of the eye visible during sleep, is a symptom of all acute and chronic diseases of a severe type; it is also to be observed when rest is unsound from pain, wherever seated. Twitching of the eyelids, associated with the oscillation of the eyelids, or squinting, heralds the approach of convulsions. Widening of the orifices of the nose, with movements of the nostrils to and fro, point to embarrassed breathing from disease of the lungs. Contraction of the brows indicates pain in the head; sharpness in the nostrils, pain in the chest, and a drawn upper lip, pain in the abdomen. To make a general rule, it may be stated that the upper third of the face is altered in expression in affections of the brain; the lower third in diseases of organs contained in the abdominal cavity.

## APOPLEXY.

A blood vessel of the brain has lost some of its elastic strength; food is abundant; digestion is good; blood is made in abundance; but little is worked off by exercise; the tension on every artery and vein is at a maximum rate; the even, circuitous flow is temporarily impeded at some point, throwing a dangerous pressure on another; the vessel which has lost its elastic strength gives way, blood is poured out, a clot is formed, which, by its pressure on the brain, produces complete unconsciousness. This is the apoplectic stroke. It will be perceived that there are two leading conditions upon which the production of the stroke depends; a lessened strength in the vessels and an increased tension.

# HOW THE CYCLIST CAN KEEP FIT IN WINTER.

[*No doubt many of the readers of the magazine are cyclists, with a laudable desire for speed honours on path and road. The following article from that bright, breezy, and eminently practical cycling weekly, "Cycling," will be read by all such with interest. It is from the pen of an experienced wheelman.*—THE EDITOR.]

SIX months is a long rest; in fact, far too long for either a path racer or a road rider, but as the English winter is often unfavourable for cycling, it is only the enthusiasts—now on the increase—who indulge in the pastime all the year round. The mode of living during the "off" season is a great deal more important than most riders imagine. The reason so many show little or no improvement after reaching a certain stage is that they do not pay attention to the minor details of training, and what speed or stamina they gain in the summer they lose in the winter. The rider who disregards all rules of training in the winter finds it harder to commence in the spring, and much unnecessary work has to be gone through to regain the lost form. When once a rider accustoms himself to eating, resting, and exercising regularly, training is made easy. The winter schedule should be: Rise at 7.30 a.m.; breakfast at 8.30 a.m.; lunch or dinner at 1 p.m.; and tea or late dinner, according to circumstances, the exercise being worked in before the last heavy meal of the day is taken. There is no benefit to be derived by going to bed immediately after a heavy meal, neither does any good arise from retiring to rest on the top of heavy exercise, with a feeling of hunger; so either the work must be done before dinner or after a light tea, to be followed by a light supper. Continental cracks never eat after 8 p.m., consequently they can do good justice to the morning meal twelve hours later.

### THREE MEALS PER DAY IS ENOUGH

for a giant. After a hard season's racing wheel exercise should be reduced to occasional steady rides; but should one suffer from staleness or loss of weight, then a complete rest should be taken, and the bicycle left severely alone. Each rider, however, should endeavour to meet his own particular case. For instance, there are several sturdily built pathmen whose occupation does not permit of the necessary time for training in the summer, and the result is that it takes them a long time to get properly fit; in fact, they only just reach their form when the season is closing, and then go out of training until the following year. If, however, they were to indulge in a couple of spins weekly during the "off" season, keeping their weight down, and paying a little more attention to their diet and regular living, they would be ready for racing earlier in the year, and show up much better. On the other hand, the spare built, excitable enthusiast, who is generally inclined to overdo it at all times, would do well only to take very light exercise during the "off" season, endeavouring to build himself up. To become a successful road rider it is absolutely imperative to ride all the year round, and so get accustomed to all sorts of roads and all conditions of weather; but the amount of work to be indulged in must be regulated by the particular circumstances, build, and condition of the rider.

There are a hundred and one different methods of keeping fit during the winter and at the same time combining exercise with pleasure, so no hard and fast rules can be laid down, as much depends upon how the rider is occupied during the day, and upon his physique and peculiarities. Overheated and overcrowded resorts, where smoking and drinking are freely indulged in, should be strictly barred, and any amusement which involves late hours, such as dancing, etc., should be left alone. If a rider's occupation necessitates

him being bent over a desk in a stuffy office all day, he should make a practice of either walking or cycling to his business every day, as a certain amount of fresh air is absolutely necessary, and in the interval between 1 p.m. on Saturday and 9 a.m. on Monday, as much time as possible should be spent in the open. On the other hand, the rider who is engaged from early morning to dusk in the fresh air, being on his feet all the day, and doing manual labour, does not need to spend his evenings working hard in a gymnasium, or indulging in long walking tours each week end. A little ball punching, roller skating, or skipping, say, twice a week, followed by a good massage, will keep him toned up all right. The great aim of winter training is to strengthen

THE WEAKEST PARTS OF THE BODY.

Most riders have a weak point somewhere or other in wind or limb. If the wind is bad, plenty of light dumb-bell work and quick, light ball punching will be beneficial, commencing with five minutes and then increasing to ten. The work must be short and quick. If the legs are at all weak, put in a quarter of an hour with the skipping rope two or three times a week. To strengthen the upper part of the body boxing and wrestling are excellent exercises, but it is not always convenient to find a partner, so we may fall back upon weight lifting, but great precautions must be taken not to commence with heavy weights, and not to practise more than ten minutes at a time. Light work in the gymnasium is also very good, and a cross-country run furnishes an all-round tonic to the system, and will considerably improve one's staying powers. Football and swimming should be left alone. I am not a great believer in work on home trainers, as the position and action on a stationary mount differ from actual riding. If a rider is very stocky and slow in action, some fast pedalling on a home trainer would no doubt loosen the muscles, however, if the weather happens to be unfavourable outdoors. In all cases winter work must be taken easily, winding up before signs of exhaustion set in. Exercise like eating, and stop just before you have had enough. The weight should be registered each week, and in the case of spare built rider an endeavour should be made to increase the weight; the big 'uns should carry about seven or eight pounds above their proper racing trim.

WORK ON THE WHEEL.

As speed is not the primary object during the winter months, a good substantial mount should be selected. Gears from 66 in. to 70 in. should meet all requirements, and tyres should have outer covers rubbered all round, as wet and mud do not increase the wearing qualities of an open sided tyre. As to the amount of riding to be indulged in, it is not so much a question of mileage as of pace. Eighteen miles in a hour takes more out of a rider than eighty covered at ease. One of the greatest faults of some of the modern speedmen is that theycannot ride slowly I have been out several times with a famous record breaker who at the start positively assured me that it was going to be an easy ride, but after one hot bunch had passed, and the humming of wheels was heard behind, my companion always got restless, and I was soon left alone. An old time champion once said to me, "You cannot spend too much time upon a bicycle, providing you take matters easy as there is

ALWAYS SOMETHING TO BE LEARNT.

I have spent months experimenting to get an ideal position. I used to ride for miles without using my hands, guiding the machine with my body, not, of course, in the midst of crowded traffic, but on the deserted roads. My idea was to get a thorough mastery over the machine under all circumstances, cultivating even pedalling and perfectly straight steering. I spent hours on my machine pottering along at seven or eight miles an hour, like an ordinary person going out for an easy stroll. If young road riders would pay more attention to style and experimenting as to what suits them best instead of copying other riders, we should no doubt have more road champions." All riders are not born champions, so that many will have to put in several seasons of all-round work before being able to hold their own with the best. Winter riders should never miss the opportunity of a fine Saturday or Sunday, as every

week-end will not, in all probability, be favourable, and an occasional one hour's evening potter will do more good than a month's hard work at the commencement of the season.

It is not every cyclist that can indulge in the services of a good masseur; in fact, good masseurs are rather scarce in England, while not one cyclist in a hundred knows how to manipulate his own muscles. Without a doubt the best results are obtained when the operation is performed by an expert who is in good condition himself. The second best are obtained by a couple of friends working the changes on each other, while self-massage comes last. Masseurs, however, cannot be all over the country, and during the winter months a friend cannot always be found, so the serious rider will have to attend to himself. I have heard some riders say, "Oh! it's all fancy, this massage business." To these sceptics I would say, just rub one leg on rising in the morning after a long ride with a mild embrocation, but don't touch the other leg, and then the value of self-massage will be found, while an hour's massage put in by an expert will work wonders. J. Cole, the well known trainer, who looked after the winner of the North Road "24," and who has had twenty years' experience in the game, says that the majority of road riders are practically muscle bound. No matter how fast a rider may be without massage, he is sure to further improve with it. To quote the words of a well known firm of embrocation manufacturers, "Rubbing eases pain"; but, of course, there is a great deal of difference between rubbing and massage. Rubbing consists of sweeping strokes all over the body, and if performed vigorously with a rough towel when one is perspiring it is

THE BEST METHOD OF FAT REDUCING;

but when a rider is reaching his form the rubbing should be decreased and the massage increased. Massage, in plain words, means lightly squeezing the various muscles of the body between the fingers and the thumb, firstly, to stimulate the circulation of the blood, secondly, to rid the muscles of fatty substances, and thirdly, to make them supple. All massage and rubbing must be directed upwards so as to assist the blood in its proper course. Self-massage can be best accomplished by sitting on a bench or bed. Keep the upper part of the body warm by means of a sweater, and cover up the leg which is not being manipulated. Then commence just above the ankle, taking a piece of the muscle behind the shinbone between the fingers and thumb of each hand, and roll, squeeze, and knead several times; then take the piece immediately above, and repeat the process with the calf and muscles of the thigh. After the legs are finished, wrap them up, and then take off the sweater and sit upon a chair or stool, and work all over the body, leaving the arms until last. Before working on a muscle, endeavour to find a position which frees the part to be massaged, as not much good can result when the muscle is set. A good embrocation of pure alcohol mixed with a little olive oil should be used, but only in small quantities. Before indulging in massage, rub the body and legs perfectly dry with a rough towel, and remember that after a long ride massage is indispensable. Wear woollen clothing next to the skin, and eat food of the best quality—regularly and moderately. Some riders imagine that the more they eat the stronger they get. This, however, is a mistake, as the chief secret of diet is to avoid variety and overloading the stomach with inferior foods. Beef, mutton, chicken, eggs, milk, fruit in season, and a dash of vegetables, all of the best, with oatmeal porridge occasionally for breakfast, will lay the necessary foundation for the development of form. Regular habits, healthy exercise, and observance of the ordinary rules of hygiene will do the rest.

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## EAST AND WEST.

STATISTICS seem to prove that Hindoo aristocrats are more long lived than Pariahs, while the Italian charcoal burners outlive the neighbouring counts and barons. What does it mean? Better doctors in Hindostan? Hardly. But high caste Hindoos are dietetic purists, extremely circumspect in the choice of their tit bits, and withal temperate in point of quality, while Lewis Cornaro confesses that gluttony had cut off every one of his brothers, uncles and grand uncles on the wrong side of fifty. Matters have mended since then, but Hindostan is still clearly ahead.—*Health Culture.*

# IN THE ARENA OF SPORT.

## WRESTLING AT THE GERMAN GYMNASIUM.

The annual wrestling competition of the famous German Gymnastic Society was held recently at the Headquarters, Pancras Road, London, N.

Amatuer wrestlers were splendidly catered for, there being competitions for five classes, viz.: bantam weight, feather weight, light weight, middle weight and heavy weight, and taking the wrestling on the whole, the promoters must be congratulated on the results attained. There were 51 entries, amongst whom were some of the best amateur wrestlers in London.

We regret that the show was not so well patronised as the splendid work of the club and the excellence of the entertainment deserved.

The German Gymnastic Authorities, with the thoroughness which marks all their doings, obtained the assistance of some of the most experienced wrestling judges to be found, and yet these gentlemen during the course of the proceedings gave one remarkable decision. We refer to the semi-final rounds in the Feather Weights between H. P. Jacobs, of the German Gymnastic Society and J. Arn, of the Swiss Gymnastic Society. The conditions were that if there should be no fall at the end of twenty minutes, the judges should give a decision on points. In this bout there was no fall, and the judges (whether unanimous or not, we do not know,) gave the fall to Jacobs. We do not wish to make too much of this, but certainly commiserate with Mr. Arn, who during the bout did most of the forcing, and had his opponent nearly beaten several times, and at the end of twenty minutes had him tired out.

While we are on the grumble, we should like to draw attention to another point, which we consider the Amateur Wrestling Authorities should take in hand at once. We noticed, with great regret, that many of the competitors were very fond of the "Crutch hold" and to our mind, this, as far as amateur wrestling is concerned, should not be allowed, there being great danger of injury. We should also suggest that some of the competitors who were labouring under a misapprehension in endeavouring to last out time (known very commonly on the music-hall stage), and who made no effort whatever to attack their opponent, would do much to enliven the proceedings, if they kept their entrance fee next year, and gave way to wrestlers who are prepared to endeavour to win their bout on the mat. This would make the proceedings livelier than they were on this occasion. There were some great exceptions to this rule, and we might mention Messrs. W. J. Press, Drake, Cockings, Arn, Adams, Bacon, Morand, Kelwzskow, Waller and West as being most quick and prompt to act against their opponents.

If we were asked to pick out the two best wrestlers in the competitions we should give the palm to S. V. Bacon of the London Amateur Wrestling Society, and W. J. West of the City Police, both of which gentlemen, we believe, are largely indebted to Mr. G. H. Wheeldon for their tuition. These gentlemen realised what very few amateur wrestlers seem to do, *i.e.*, the opponent will often assist you in your efforts of throwing. We noticed this peculiarity in the bout between West and Conrath, the latter contributing very largely to his own downfall, and in the bout between Bacon and Barras for the final of middle weights, the same thing occurred.

The final winners were:—Bantam weight, F. Davis, Hammersmith Wrestling Club; feather weight, P. H. Cockings, Passmore Edwards Gymnasium; light weight, G. de Relwzskow, Hammersmith Wrestling Club; middle weight, S. V. Bacon, London Amateur Wrestling Society; heavy weight, W. J. West, City Police Amateur Club.

Some sketches of the proceedings will be found in the present issue.

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## RUSH FOR SUSPENDED PLAYERS.

THERE has been a great rush for the suspended Manchester City players. John M'Mahon, the right full back, who came from Preston to Manchester, and Fred Booth, the outside left, have been transferred to Bury. M'Mahon is one of the best full backs in the kingdom, and Booth, who refused an offer from Woolwich Arsenal, should prove a worthy successor to the ex-international Plant.

It is also stated that Manchester United have come to terms with Manchester City for the transfer of Edmondson, the goal-keeper, Burgess, the left back, and Bannister, the inside right. The men are now allotted thus:

Edmondson to Manchester United.
Burgess to Manchester United.
Livingstone to Glasgow Rangers.
Turnbull to Manchester United.
Meredith to Manchester United.
M'Mahon to Bury.
Booth to Bury.

It should be explained that the Manchester City players named above are under a term of suspension which ends on the 31st of this month, and it is only by the express permission of the F.A. that clubs are enabled to approach them with a portion of their sentences still unserved. Booth, who superseded Threlfall (now of Fulham), was born at Hyde, and has had a varied experience with professional clubs in the county of his birth.

### FOOTBALL ON ROLLERS.

Brighton has had the distinction of introducing a new game—football on roller skates. The game was more in the nature of a trial, but afforded numerous spectators a good idea of the possibilities of this new form of "Soccer."

It was an excessively noisy game to begin with, and it was quite apparent that it will demand from the player quite as much daring as the outdoor game, although in this instance the players controlled their movements wonderfully, stopping and describing all manner of extravagant curves on the very shortest notice to elude some charging opponent.

Bumps were of very frequent occurrence, and the players were "sent to grass" with amusing regularity; but, happily, without hurt.

Combination was tried with a measure of success, but a good long punt was the most effective movement in the players' repertoire.

This was not so easy as it sounds, for the ball had been secretly weighted by the managers so that the handsome mirrors of the hall might not be damaged.

The game was played by six players a side—three forwards, two backs, and a goal keeper. The rules were much the same as those of ordinary Association. The goal posts were carefully weighted with 56lb. weights each, but when one team of forwards made a characteristic rush the game had to be momentarily suspended until repairs to the goal-posts could be executed.

One interesting outcome of the trial game is a proposal to form a Brighton club to play matches with Hastings, Eastbourne and other south coast towns.

### LANCASHIRE'S LOSS.

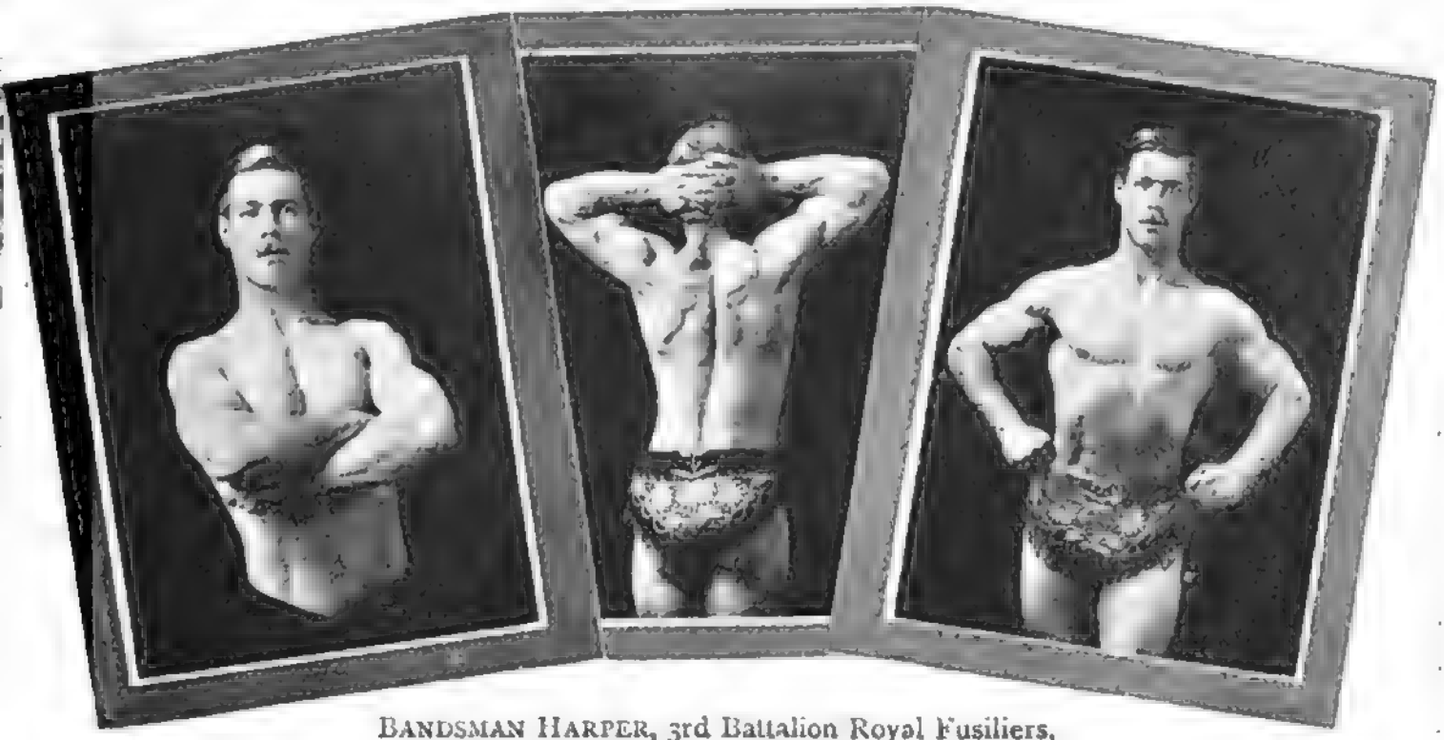
Since the report of the Lancashire County and Manchester Cricket Club was issued, Mr. A. C. MacLaren, one of the four retiring members of the committee, while expressing his continued willingness to place his advice at the disposal of the committee, has asked that his name should be withdrawn from the list of candidates to be elected at the forthcoming annual meeting of the club.

### PAT HAS PLUCK.

It has transpired that H. J. Henebry, the Irish full-back, was more seriously hurt than was generally supposed in the match at Belfast between the South Africans and Ireland.

In tackling J. A. Loubser, ten minutes after the start of the game, Henebry had the middle finger of his left hand broken, the cartilage of his first finger torn, and the muscles of his chest strained.

His head was also injured, and his ear split through coming into contact with Louber's knee. Considering that he played for seventy minutes in this state, it was not surprising that Henebry failed to show his best form. Since the accident he has been under medical treatment.



BANDSMAN HARPER, 3rd Battalion Royal Fusiliers, Middleburg, Cape Colony.

### PLAYER BECOMES MANAGER.

New Brompton have appointed Steve Smith manager of the team. The ex-Villa and Portsmouth outside-left has made himself extremely popular with directors and players, and the appointment will meet with the cordial approval of all the club's supporters.

# DRINK AND DEGENERACY.

## Nerve Degeneracy and Inebriety.

[*In my editorial notes the other week I dealt briefly with the report of Dr. Brathwaite, Inspector under the Inebriates Act, as a remarkable instance of sympathetic intelligence in an official, and I ventured to express surprise at the scant editorial attention paid to this report in the daily Press. I am glad therefore, to reproduce the following article from the pen of "Merlin" in the "Referee," who deals with the whole subject in an interesting fashion and, like myself, is surprised at the lack of newspaper interest shown in the matter.*—The Editor.]

ON November 22nd the annual report of the Inspector under the Inebriates Act—Dr. R. Walsh Brathwaite—was given to the public. Amidst much extremely dry, if necessary, detail, there is a great deal of profoundly interesting matter. The report has received the usual perfunctory attention which is from time to time extended to similar documents by the Press; but I have so far failed to find anything like a reasoned précis of it, or any allusion to one of its most striking features. To that feature I shall recur hereafter; but for the moment it must be my object to deal with Dr. Brathwaite's argument as a whole. And here it may be observed in passing that a very remarkable change has come over the Blue Book in comparatively recent years; so that it appears no longer to be compiled by a statistical machine, and dictated through an official of gutta percha, but is actually inspired by some kind of human interest, and appears, indeed, in not a few instances, to be shaped into an instrument for the construction of a propaganda.

Whilst there can be no doubt whatever that alcoholic excess is a prolific source of disease and of mental instability, it is Dr. Brathwaite's belief, after many years of experience and inquiry, that disease and mental instability are even more provocative of the alcoholic habit. It has always been the fashion to regard poverty, squalor, disease, and—to a large extent insanity—as the results of the drunken habits of the people. Dr. Brathwaite is firmly persuaded that the drunken habits of the people are in the main a result and not a cause. It is evident of course that in cases of this kind the influences on either side must aid in the aggravation of each separate evil. But the first essential to a hopeful dealing with them all is the discovery of the main root of mischief. In Dr. Brathwaite's opinion, alcoholism, in its more vicious and destructive form, is allied with want and despair, and to him it is evident that, if it is either to be abolished or got under reasonable control, we must make our attack upon the citadels of social misery.

The central argument of the report is that in our magisterial dealings with the habitual inebriate we are penalising disease. The conclusion arrived at is that at least sixty-two per cent. of the so-called habitual drunkards met with in police courts are "a variety of a larger complex body of insane and mentally defective persons." The magisterial judgment, expressed in a fine of so many shillings, or an alternative of so many days' imprisonment, in most cases has the effect of removing the wretched object from the streets for a shorter or a longer space of time; but it not only fails to check the progress of mental disintegration which is going on, but positively accelerates it, and it is frankly impossible to examine the instances and arguments brought forward in this report without arriving at the conclusion that our police court treatment of habitual inebriates is entirely irrational and cruel. The report speaks of the "old time ignorance concerning the psychological and neurotic aspect of the question," and whilst it may be allowed that this ignorance in part palliated the police court treatment of twenty years ago, it must be admitted that the present existence of such treatment, in face of all evidence of uselessness, is inexplicable.

A DEVIL'S CIRCLE.

We are told that at this time there are considerably over a thousand persons under reformatory detention whose history is one of gradual descent into the abyss, and many of whom have been marked as prison recidivists for ten or fifteen years, or even more. The cycle through which these hapless persons have been driven by their own want of self-control and by the application of a wholly inadequate and misdirected law is set forth with a dreadful simplicity. "A drunken orgie, a prison van, a bath, prison clothes, a tramp to the cells, a horrible night, followed by tremulous days, bare subsistence diet, many hours of monotony, expiry of sentence, discharge to the streets, a few days of liberty, more drunkenness." One is reminded of a foolish old story at which one used to laugh in childhood. It was recorded of an Irish hodman, that after having tumbled half way down a lofty ladder, he was asked if he had been injured by the fall, and he responded that the fall in itself was nothing, but the sudden stop at the bottom had been painful. Any medical man will tell you—and if you are a person of any experience and have studied your world at first hand you will not need to be told—that there are few things more horrible in the whole catalogue of pathological experience than the sufferings of the suddenly arrested drunkard. Assuming Dr. Brathwaite to be correct in his belief that the excessive habitual yielding to the temptation of alcohol does in itself indicate a condition of mental unsoundness, one can readily understand how the effect of a long succession of nervous crises induced in this manner may serve to disintegrate the whole nervous system, and how each successive detention renders the victim of the habit less and less susceptible to reform.

One fact comes out with great clearness in this invaluable report, and, if the public can be made to digest it, we shall at least be prompted to set our feet in the right direction. The first Inebriate Act came into force more than a quarter of a century ago; but it was not until nineteen years later that the authorities arrived at any practical decision as to the segregation of the hopeless and the comparatively hopeful classes of inebriate. Even during the last eight years it has been the practice of the law to lock the stable door years after the steed has been stolen. It has been our principle to see that our inebriates have been practically beyond reform before placing them in a reformatory. There are some statistics now before the country, the publication of which should tend to bring about a sounder and a wiser state of things. For instance, the one hundred and fifteenth police court conviction against one "M.S., female, age forty-one," was recorded December 29, 1905, when the prisoner was sent to the Southern Counties' Inebriate Reformatory at Lewes for three years. Her first conviction was recorded almost twenty-four years earlier, and between the two dates there is one dreadful story of drunkenness, disorder, obscenity, assault, solicitation, attempted suicide, and attempts at theft; and in the icy statistical column one sees the hapless wretch going step by step downward and downward, the convictions growing more and more numerous from year to year: two in 1882, six in 1886, seven in 1888, ten in 1891, and the progression only checked by here and there an interregnum of hard labour, ranging from fourteen days to fifteen months.

WISDOM IN HIGH PLACES.

There is another equally melancholy case recorded in which on her one hundredth conviction "S.B., female, age forty-one" was sent to the Eastern Counties' Reformatory for three years. But surely a reformatory should exist for the reformable, and if society had been as alive to its duties at the beginning of these tragic careers as it is gradually growing to be, there might have been some hope of saving these women from the slough into which they have since entered. It is a pleasure to learn that at least one "well known stipendiary magistrate," appreciating the evil influence of prison in these cases, has outlined for himself and his fellow justiciaries a practical and sensible course. He suggests that, instead of holding the threat of prison over habitual drunkards, the idea of the reformatory shall be kept before them from the first, and that each successive conviction shall be looked

upon as a step towards it. The first offence is met by a stern caution; the second by a severe reminder; the third by a binding over to be of good behaviour; and the fourth by a committal to a reformatory. Under these conditions the first period of detention might well be comparatively transitory; but a relapse would call, automatically, for an extension, and by this method there might be some hope of restoring a partially degenerate nervous system. Under the existing régime there is practically no such hope.

An examination of the statistics which accompany the report reveals the fact that women are not only more generally susceptible to alcoholic temptation than men, but they are susceptible, on an average, at an earlier age. For example, amongst those now under detention there are only three males as against twenty-four females under twenty-one years of age. Under thirty years of age there are no fewer than 321 females as against fifty-one males. Amongst married women there are 203 inmates of the various reformatories as against 164 spinsters--a fact which does not speak well for the married state. Every here and there, as one glances down these columns, one finds a number leaping at the eye, as, for example, when, after eight lines which deal with no more than twelve people engaged in masculine labour, one arrives suddenly at the word "charwoman," and finds that there are no fewer than 219 under that heading. Of domestic servants there are 216. Amongst housewives there are 273. Amongst laundresses there are 219, and whilst among people of exclusively masculine occupation double figures are reached four times only, the second century is passed by the women just as often, and double figures are reached not less than half a score of times. In point of fact, out of the total number committed to the Inebriate Reformatories, no fewer than 1608 are women, whilst the men count only 265. If it were ever possible for a review of statistics to arouse society to a sense of duty it would be so here. The one unescapable truth is that the conditions under which the mothers of our race exist are in some way more wearing and debasing than they are to the stronger sex, serious as their effect may be even there.

THE ONLY HOPE.

The special point for which I reserved a special attention at the beginning of this "Handbook" is that the principle of voluntary surrender to curative means has actually been accepted by a greater number of people than has been legally compelled to adopt them. The high water mark in private retreats for the cure of dipsomania and the various drug habits was reached in the year 1902, when no fewer than 552 patients were living under a self-imposed restraint. At the time at which the report under consideration was issued this number had fallen to 419. But up to the present hour the number of total commitals is almost rivalled by the number of those voluntary surrenders which do at least argue a desire on the part of the patient to be redeemed from a besetting weakness.

It seems to me that nothing can be so valuable as the extension of the *desire* to be cured. It is possible to create that desire by laying hold of the victim of alcoholism whilst he or she is yet young and open to a sense of self-respect and the good opinion of others. To take the staled and broken hack of the streets, who has her hundred convictions behind her, and whose power of will has been ground out of her by the degrading experiences of half a lifetime, and to send her to a reformatory is pathetically hopeless. To lay hold upon her whilst she is still young and capable of shame—and, therefore, capable of self-restraint—is the very obvious duty of the State. There is one male imbecile of eighty-two years of age now under reformatory influence. He lived to be over sixty before the police brought a complaint against him, and since then—what with poverty and its attendant miseries and falling off of friends—he has become "an inebriate recidivist"—poor old beggar—as a great many more of us might under similar conditions. The conclusion of the whole matter is that it is our duty to attack this particular evil in it's early stages and not to wait until it has become incurable before we try to cure it.

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REQUISITES for an all-round education are ambition, aspiration, application, respiration, perspiration.—*The Philistine.*

# CLUBS, CLASSES AND SOCIETIES.

### Manchester Health Seekers.

AT a meeting of the Manchester Physical Health Culture Society in the Onward Buildings, Deansgate, the Rev. A. O. Broadley presiding, Mr. Albert Broadbent, secretary of the Vegetarian Society, lectured on the "Art of Living Healthily." If health were difficult to obtain, he said, more people would strive for it. The only way to obtain and keep health was to abstain from luxurious foods and pleasures, and remember that the things which were best for us were the most easily obtained. Study the laws of health and, having studied them, live up to them. It was the strength obtained from food which enabled us to digest food. There was no royal road to health; all must study for themselves. Good rules for living healthily were simplicity of food, taste, and pleasure; and restraint at work, play, and in eating. A man who used up all his energy as he produces it is on the high road to a breakdown in health. Fresh air was even more essential than exercise, and it was out of the simplest foods that the finest blood was made.

### Gunner Moir at Hammersmith.

AT the recent opening of the Seven Stars School of Physical Culture, Starch Green, Mr. C. H. Allberry (late 17th Lancers) presided, the gathering having the approval of Sir W. Bull, M.P. who has consented to become president, Mr. Jocelyn Brandon, L.C.C., and Mr. E. Collins, L.C.C., vice-presidents. The chairman, in a few appropriate opening remarks, said that in his opinion it was quite time they had a school of this kind in Hammersmith. There could be nothing better to develop the muscles than such exercises as would be taught there. He spoke as an old Army man, and knew the benefits which followed from such training.

The interesting programme comprised many surprising feats of swordsmanship by Corporal-Major Eggleton (Horse Guards Blue), including cutting sheets of notepaper, bars of lead, broom handles suspended on razors by paper bands without damaging the latter, severing a lady's glove, and cleanly cutting apples on heads, necks and hands. But the chief item of this portion of the programme was when, by a marvellously dexterous muscle and wrist move, the gallant non-com. by a clean cut severed a sheep in two. The Corporal-Major and Mr. Anderson, one of his pupils, contributed to the enjoyment of the evening by some instructive bouts with sword, rapier and foil in which both instructor and pupil showed proficiency with the weapons, though of course the honours went to the heavy man. Mr. J. Cook, on whose selection as instructor the members are to be congratulated, gave a series of clever exercises on the horizontal bar, and Mr. Barker, a member of the physical school, astonished the company by his weight lifting powers. Gunner Moir, heavy weight boxing champion, gave an exhibition of ball punching, and astounded the audience by the rapidity and force of his blows in punishing the ball.

### Readers' Club Member Wins at Sheffield.

A CROWDED hall witnessed an athletic tournament and physical culture exhibition recently given at Sheffield under the auspices of the St. James's Class of Physical Culture. Some very interesting wrestling bouts took place. One of the most exciting contests was that between George Dinnie (who has wrestled with Madrali) and Herbert Grafton, the struggle lasting 8 mins. 30 secs., and resulting in favour of the former. He also in the final met Butcher, when, after a splendid tussle of 8 mins. 10 secs., he was amidst tumultuous applause, declared the winner. The winners in the physical culture competition were: 1, Lusher; 2, Waller; 3, Birks. There were thirteen entries. The two first named are members of the St. James's Physical Culture Class. Lusher is a member of our Readers' Club, whose photo appeared recently.

### A Subterranean Gymnasium.

JUDGING from the latest display given in the Caxton Hall, Westminster, by the members of the girls' gymnastic classes connected with the Parish of St. Martin's-in-the-Fields, the young people of that church have taken a very thorough way of avoiding any taint of physical deterioration. Throughout the winter eighty girls practise in the crypt of St. Martin's, and what they have learned in their subterranean gymnasium they demonstrated to fine advantage at their last show. Miss Buck, in whose capable hands has rested their training, had every reason to be proud of the success of her pupils. Whether in jumping competitions, in which some of the smaller girls showed themselves nearly as expert as the seniors, dumb-bell, Swedish or Indian club drill, all those who took part gave evidence of a vigour, activity, and grace, which spoke well for the value of the healthy exercises which they went through. Prebendary Shelford, the Vicar of St. Martin's, in addressing those present, said that what they had seen showed how much was due to Miss Buck and the infinite patience she bestowed on the physical education of the girls. Their performance had been a perfect example of action and grace. Lord Kinnaird, who distributed the medals won by the girls in various competitions, also congratulated Miss Buck on the way her pupils had acquitted themselves, and referred to the importance of physical training for young people. In the course of the evening the St. Martin's-in-the-Fields Company of the Church Lads' Brigade gave a display of physical drill with rifles and of ambulance work.

PITYLISMA was the name of the exercise described by ancient physicians as of great remedial service in chronic cases. It consisted in a person walking on tiptoe and stretching his hands as high above his head as he could, keeping his whole body also on the stretch as might be. In this condition the patient was to walk as far as he was able, all the while moving about both hands as much as he could in all directions.

# ANSWERS TO CORRESPONDENTS.

At the request of a large number of readers, the Editor has decided to renew this feature of the magazine. All questions will be answered as soon as possible, but readers must remember that, owing to exigencies of printing, an immediate reply cannot always be assured.—The Editor.

### Indigestion.

Indigestion is the bugbear of Alpha's life, and he asks me if physical culture will cure it.

*Answer.*—I need only ask Alpha to study the letters that appear in the Readers' Club pages, and he will find an answer to his question. Follow these rules, Alpha:—

Take regular daily exercise with dumbbells or developer.

Have tepid or cold bath daily.

Do not eat when fatigued or when overheated.

Avoid an excess of sugar, sweets and starchy food.

Do not bathe the body for at least an hour after meals.

Avoid foods that disagree with you.

Be cheerful at the table.

Eat sparingly of highly seasoned food.

Eat fruit before meals.

Do not eat between meals (habitually) or at irregular intervals.

Avoid over eating. Of the two evils, it is better to eat too little than too much.

Avoid iced drinks at mealtime, particularly at the beginning of the meal.

Do not wash the food down with liquids.

Eat wholesome, well cooked food.

Eat slowly.

Chew the food thoroughly.

### Laconic.

Paddy from Cork asks if I would recommend him to try an electric belt for rheumatism.

*Answer.*—No, I do not.

### Dilated Stomach.

Rex (who gives no address), says he has fulness in the stomach, accompanied by severe attacks of heartburn.

*Answer.*—My opinion is that "Rex" is the victim of nervous debility, and that his whole system wants toning up. I should have liked my correspondent to have told me more about his habits, as some of these might explain his condition. However, Rex, there is nothing to despair over. In the first place, you must place yourself under discipline, and regulate your life by rules, even stricter than those of a soldier of the King. Rise early, dine regularly, exercise daily, and keep as much in the open air as possible. If you cannot take a cold bath try a sponge bath or a moistened towel rub. No smoking, no drinking, and no fast living of any kind. Read no impure literature and think no bad thoughts. A very good and safe tonic is Fellowes' or Eastons' Syrup. Get a developer and use it as directed, and I venture to say at the end of a month you will be much improved in health.

### Ideal Measurements.

Achilles (Glasgow) wants to know what are the ideal measurements of a man six feet high.

*Answer.*—The following are the measurements of a fully developed man six feet in height, without shoes. Weight, 185 lbs; circumference of neck, 16 ins.; breadth of shoulders, 19½ ins.; depth of chest, 10 ins.; circumference of chest (natural), 45 ins.; chest expansion, 47 ins.; circumference of waist, 34½ ins.; forearm, 12¾ in.; biceps (flexed), 16 ins.; hips, 40 ins.; thigh, 24 ins.; calf, 17 ins.

### Constipation.

Mrs. F. S. (Leeds) wants to know the best remedy for constipation for a woman in maternity.

*Answer.*—There is no remedy which fits all cases. The following are suggestions which have proved serviceable in different cases. A hot enema (100° to 102°) followed by a cold enema (76° to 80°). Moist abdominal bandage worn at night. Take a pint and a half or two pints of apple juice daily. Take an equal amount of orange juice. Take exercise to develop the abdominal muscles, such as described in my special chart for stout people.

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